

Ikinyarwanda

Igitabo cy'umwarimu gikubiyemo inkuru zisomerwa abanyeshuri

Umwaka wa mbere
w'amashuri abanza



Inkuru zisomerwa abanyeshuri



Umwaka wa mbere
w'amashuri abanza

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This publication is made possible by the support of the American people through the United States Agency for International Development (USAID). The contents are the responsibility of Education Development Center (EDC) and do not necessarily reflect the views of USAID or the United States Government.

Ijambo ry'ibanye

"Igitabo cy'umwarimu gikubiyemo inkuru zisomerwa abanyeshuri" kigenewe umwarimu wigisha Ikinyarwanda mu mwaka wa mbere w'amashuri abanza, cyanditswe mu mwaka wa 2015 n'Ikigo Gishinzwe Guteza imbere Uburezi mu Rwanda (REB), ku nkunga y'Ikigo cy'Amerika Gishinzwe Iterambere Mpuzamahanga (USAID) binyujjwe mu Mushinga Ushinzwe Guteza Imbere Uburezi (EDC/L3). Ni igitabo kije gufasha mu gushyira mu bikorwa gahunda yo guteza imbere umuco wo gusoma no kwandika mu kiciro cya mbere cy'amashuri abanza kugira ngo abana bawukurane kuko ari wo nkingi y'uburezi bufite ireme.

Iki gitabo gikubiyemo inkuru zisomerwa abanyeshuri zubakiye ku nsanganyamatsiko ziteganywa mu nteganyanyigisho ivuguruye y'umwaka wa mbere, kizafasha umwarimu guha abana urugero rw'uburyo bagomba gusoma. Inkuru zikubiye muri iki gitabo zizabera umwarimu imfashanyigisho ituma abana bunguka amagambo mashya kandi bakamenya indangamuco n'indangagaciro nyarwanda. Gusomera abana izo nkuru bibatera ishyaka n'inyota yo kwisomera ubwabo ndetse no guhugukira ibyo biga. Kubera ko zimwe mu nkuru zinyuzwa kuri terefoni, bibera abana urugero mu kuvugira mu ruhame kandi bashize amanga.

Mu gutegura iki gitabo, hashingiwe ku mahame y'iyigandero mu bijyanye n'imyigishirize ihamye yo gutoza abana umuco wo gusoma bakiri bato, ku buryo gusomera umwana inkuru zikubiye muri iki gitabo bizamutera inyota n'ishyaka ryo gukurana umuco wo gusoma kandi akawusigasira mu buzima bwe bwose. Ni yo mpamvu mu gutegura iki gitabo hitabajwe impuguke zinyuranye mu by'uburezi no mu myigishirize y'indimi, cyane cyane ibijyanye no gusoma no kwandika inkuru zigenewe abana kugira ngo kinogere umwarimu kandi kigirire akamaro abanyeshuri.

Turashimira rero abantu bose bagize uruhare mu kwandika iki gitabo kuko bashyigikiye ku buryo bw'umwihariko igikorwa cyo gutoza abana umuco wo gusoma no kwandika bakiri bato. Turasaba kandi abantu bose bazasoma n'abazakoresha iki gitabo gutanga ibitekerezo basanga byatuma kirushaho kunogera abo kigenewe.

Gasana I. Janvier

Umuyobozi Mukuru w'Ikigo Gishinzwe
Guteza Imbere Uburezi mu Rwanda (REB).

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Iriburiro

Kuva ku munsi wa mbere abanyeshuri bakigera ku ishuri, bishimira kubona ibitabo no gutangira kubikoresha. Abanyeshuri biyubakamo umuco wo gukunda gusoma, iyo bagize amahirwe yo gusomerwa inkuru zitandukanye. Gusomerwa inkuru inshuro nyinshi zishoboka ni bumwe mu buryo bwo kumenyereza abanyeshuri gusobanukirwa n'ibyanditse, mbere y'uko batangira kwisomera ubwabo.

Iki gitabo gikubiyemo inkuru umwarimu asomera abanyeshuri bo mu mwaka wa mbere w'amashuri abanza. Inkuru zisomerwa abanyeshuri ni bumwe mu buryo bukoreshwa mu kwigisha kumva, kuvuga, gusoma no kwandika. Ubu buryo bw'imyigishirize y'Ikinyarwanda buteganya inkuru umwarimu azajya asomera abanyeshuri buri cyumweru.

Buri nkuru ishingiye ku nsanganyamatsiko zatoranyijwe n'abashinzwe uburezi, mu rwego rwo gutoza abanyeshuri uburere bwabagirira akamaro, kandi bukanagirira akamaro ighugu cyabo n'umuryango mugari w'Abanyarwanda. Izo nsanganyamatsiko zituma kandi bagira ubumenyi ku bibazo bahanze isi batuyemo n'ubushobozi bwo gutanga umusanu wabo mu kubishakira umuti uboneye.

Insanganyamatsiko zateganyijwe mu mwaka wa mbere w'amashuri abanza ni izi zikurikira: Umoco n'indangagaciro, isuku, umuryango, ibidukikije, uburenganzira bw'umwana, kwirinda no gukumira iohohoterwa, inyamaswa zo mu rugo, indyo yuzuye n'umuco wo kuzigama.

Uko abanyeshuri basomerwa inkuru zitandukanye zishingiye kuri izi nsanganyamatsiko, bakazikoraho imyitozo itandukanye yo kuzisesengura, ni ko barushaho gucengerwa n'ubutumwa buzikubiyemo.

Buri nkuru kandi igenda igaruka ku nyuguti cyangwa igihekane kizigishwa muri icyo cyumweru. Ikomeza rero gukoreshwa mu masomo yose y'icyo cyumweru.

Umwarimu aboneraho umwanya wo guha abanyeshuri urugero rw'uburyo bagomba gusoma inkuru. Abanyeshuri basomerwa inkuru zinyuranye bunguka amagambo mashya kandi bakagira amatsiko yo gusoma. Uko abanyeshuri bagenda barushaho kunguka amagambo mashya, ni na ko bagenda barushaho kunguka ibitekerezo, bagatanga ibitekerezo byabo, kandi bagafata ibintu bishya bigishijwe ku buryo bworoshye.

Inkuru zisomerwa abanyeshuri kandi ni ikigega umwarimu ashobora kuvomamo amagambo cyangwa se interuro ziganjemo inyuguti cyangwa igihekane bizigwa muri icyo cyumweru. Nk'urugero, umwarimu ashobora kongera gusoma igika runaka k'inkuru maze agasaba abanyeshuri gushaka amagambo arimo inyuguti cyangwa igihekane kigwa muri icyo cyumweru.

Ni ngombwa ko umwarimu aba ari we usomera abanyeshuri izi nkuru kuko ziba zirimo inyuguti n'uburyo bw'imyandikire baba batariga. Inkuru za buri cyumweru kandi zubatse ku buryo zifite intangiriro, igihimba ndetse n'iherezo kandi ziba zishingiye ku kibazo kigomba gushakirwa umuti. Ntidushidikanya ko iki gitabo kizafasha umwarimu kugeza ku bo yigisha ubushobozi bakeneye. Ubwo ni ubushobozi bwo gutega amatwi ibyo basomerwa cyangwa bumva

bagakuramo ubutumwa bwa ngombwa. Bagomba kandi kugenda bunguka ubushobozi bwo gusesengura ubwo butumwa bumvise bakabucengera ku buryo bwimbitse, bityo bagahindura imico n'imyifatire bagana aheza.

Izi nkuru zizafasha kandi abanyeshuri guteza imbere ubushobozi bwabo mu kuvuga, basubira mu magambo yabo mu byavuzwe mu nkuru, bubahiriza ibice biyigize, bityo batangire kongera ubushobozi bwo kwihangira inkuru bo ubwabo.

Mu myitozo abanyeshuri bakora kuri buri nkuru, bagomba kugenda bunguka ubushobozi rusange bukenewe mu buzima nko gukorera hamwe, kujya impaka zubaka, gutekereza byimbitse no gusangira n'abandi ibitekerezo mu mvugo iboneye, no gushakashaka no gukemura ibibazo.

Ubushobozi bakuramo bufasha cyane abanyeshuri kumva inkuru bazajya bisomera ubwabo.

Uburyo iki gitabo gikwiye gukoreshwa

Mbere yo gusomera abanyeshuri inkuru, umwarimu yereka abanyeshuri amashusho ari ku rupapuro ruriho umutwe w'inkuru, akababaza ho ibibazo. Ingero: Ni iki mubona? Muratekereza ko inkuru iza kuvuga ku ki? Kubera iki? Hanyuma akabasomera umutwe w'inkuru.

Mu gihe cyo gusomera abanyeshuri inkuru, umwarimu afata igitabo, akagendagenda mu ishuri ku buryo abanyeshuri bose babasha kubona amashusho, hanyuma akabasomera inkuru yose. Mbere y'uko asoma igika, yereka abanyeshuri amashusho ajyanye n'icyo gika bakagira icyo bayavugaho. Mu gihe umwarimu asomera abanyeshuri inkuru, ni ngombwa gukoresha amarangamutima n'isesekaza bijyanye n'ibivugwa mu nkuru.

Nyuma yo gusomera abanyeshuri inkuru, Umwarimu abaha umwanya wo kumva inkuru. Ababaza ibibazo by'ingenzi bibafasha kwibuka ibyo amaze kubasomera. Ni nde? Ni hehe? Ni ryari? Ni iki? Ni ukubera iki?

Nyuma yaho, umwarimu yongera gusomera abanyeshuri inkuru bakagenda batahuramo amagambo akomeye bagafatanya kuyasobanura, cyangwa se akababaza amakuru mashya bakuyemo ndetse bakanagereranya ibivugwa mu nkuru n'ubuzima bwabo busanzwe.

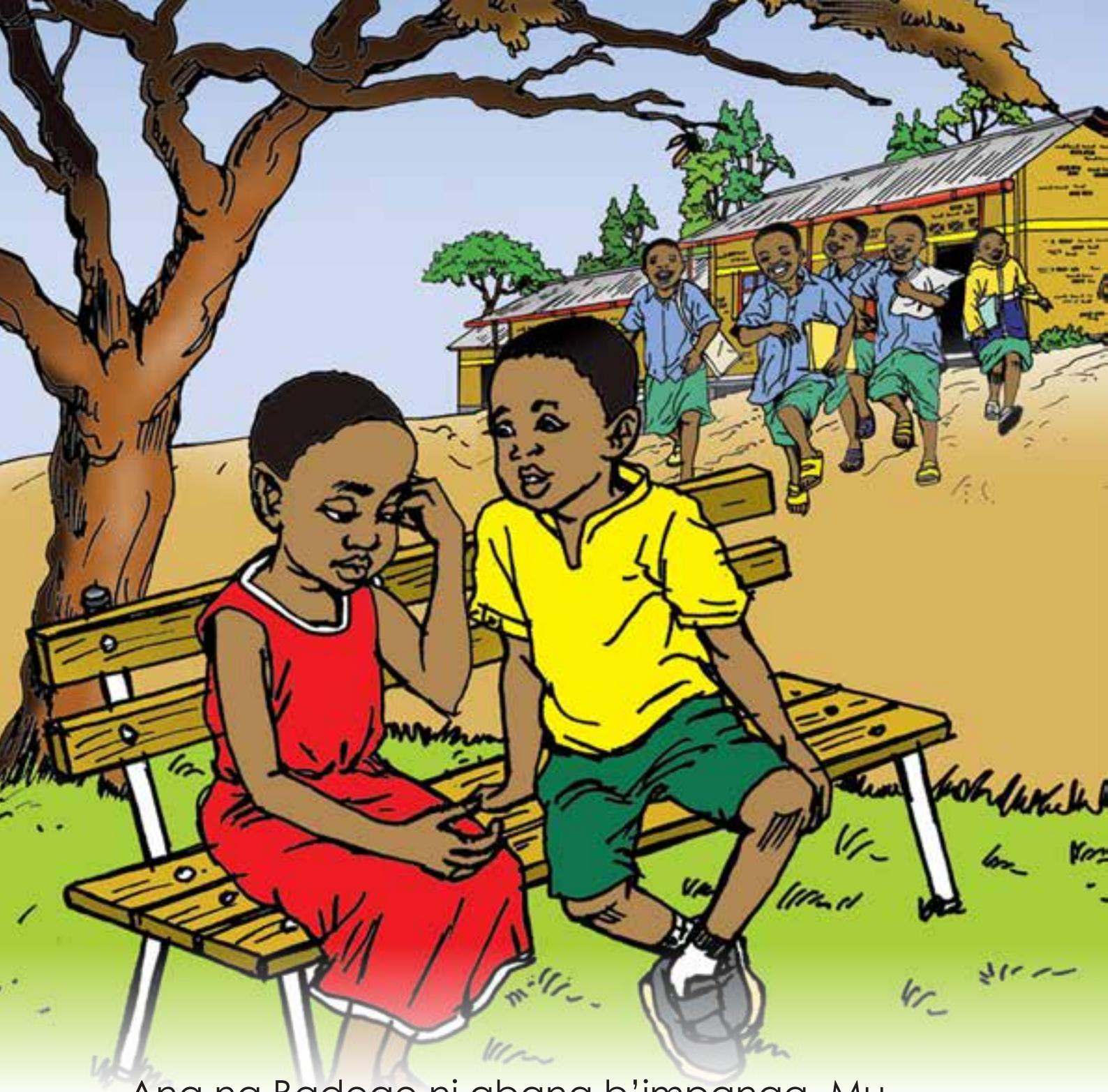
Mu gusesengura inkuru umwarimu ashobora kwifashisha uburyo bukurikira:

Abanyeshuri basubiramo inkuru mu magambo yabo bwite. Bashobora kandi kuvuga ibyabaye mu ntangiriro, rwagati no mu mpera y'inkuru, ndetse bashobora no kubikina. Umwarimu afasha abanyeshuri gusubiramo inkuru yifashishije amashusho cyangwa se akagenda ababaza ibibazo bituma bavuga ibyo bibuka ku nkuru.

UMUTWE WA 1: UMUCO N'INDANGAGACIRO

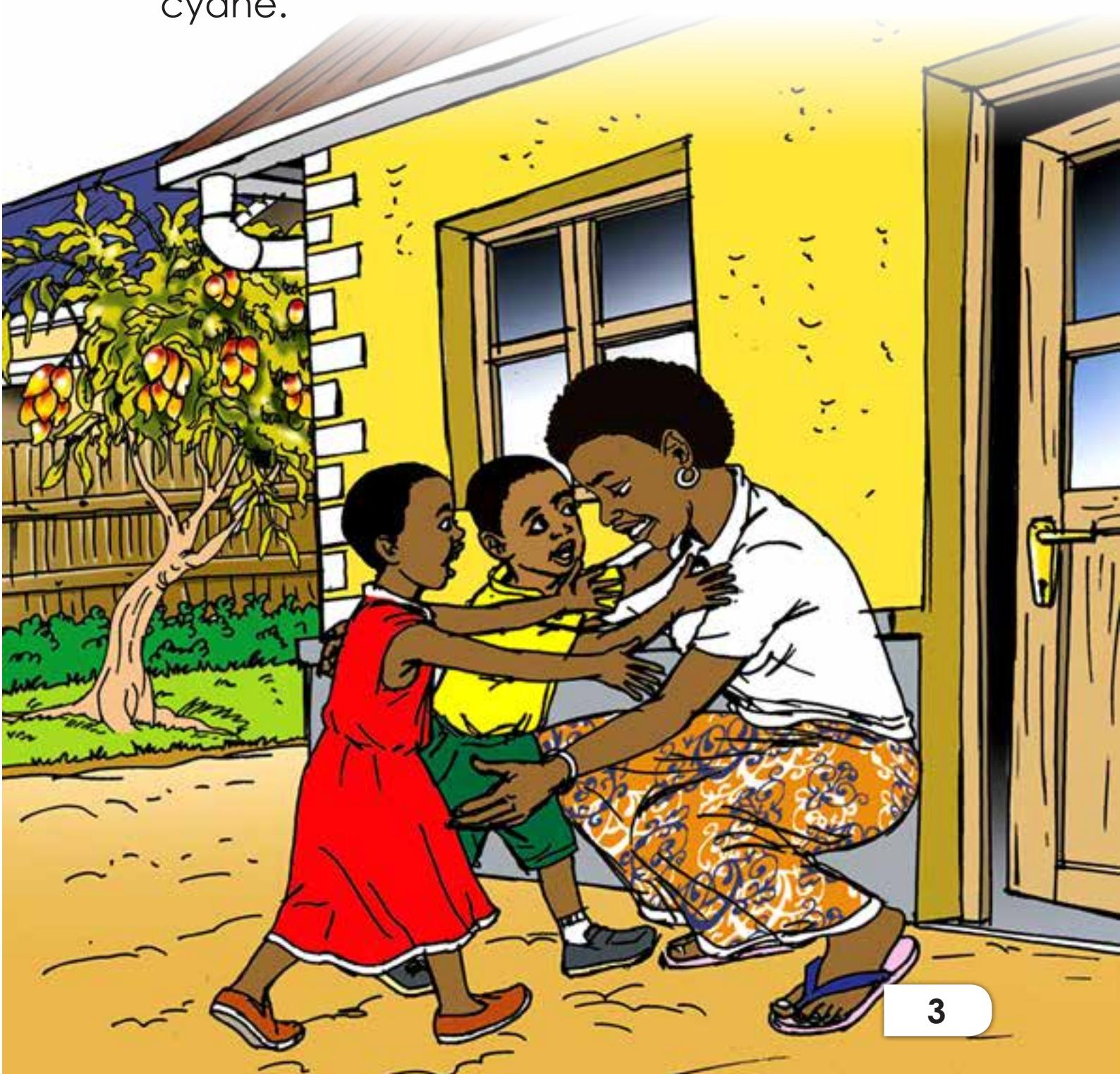
**Ana na Badege bajya
ku ishuri bwa mbere**





Ana na Badege ni abana b'impanga. Mu gihe biteguraga gutangira umwaka wa mbere w'amashuri abanza, bari bafite amashyushyu menshi. Bibazaga uko baziga gusoma, kwandika no kubara. Bari bafite amatsiko menshi. Bifuzaga kubona mwarimu wabo no kwigana n'abandi bana.

Mu cyumweru kibanziriza itangira ry'amashuri
Ana na Badege, bagiye gusura nyirasenge
Bagabe i Kigali. Bageze ku irembo, basuhuza
bagira bati: "Muraho?" Ni uko Nyirasenge
aza kubakingurira n'urugwiro rwinshi.
Arabaramutsa agira ati: "Hobe hobeee!"
Nuko arabahobera. Yari abakumbuye
cyane.



Amaze kubinjiza mu nzu, ababaza amakuru anyuranye y'iwabo n'ayabo. Arabazimanira, bakomeza kuganira. Arababaza ati: "Ubu se mwiteguye gutangira amashuri abanza?"

Basubiriza icyarimwe bagira bati: "Yego, turabishaka cyaneee!" Nyirasenge ati: "Ooo! ni byiza bana bange!" Ana ati: "Nziga gusoma no kwandika." Badege n'ibyishimo byinshi ati: "Tuziga no kubara." Badege aseka cyane, arangurura ijwi ati: "Umunsi wo gutangira utinze kugera ngo tuge kwiga." Nyirasenge abonye ukuntu bibashimishiye arababwira ati: "Ku ishuri muzahasanga ibantu byinshi bishimishiye."



Igihe cyo gutangira kiragera, bajya ku ishuri bambaye umwambaro w'ishuri mushya. Bari bafite udukapu duteye amabengeza turimo amakaye n'amakaramu y'igit.

Bidatinze, Ana na Badege bahura n'abandi banyeshuri benshi bo mu kigero cyabo.

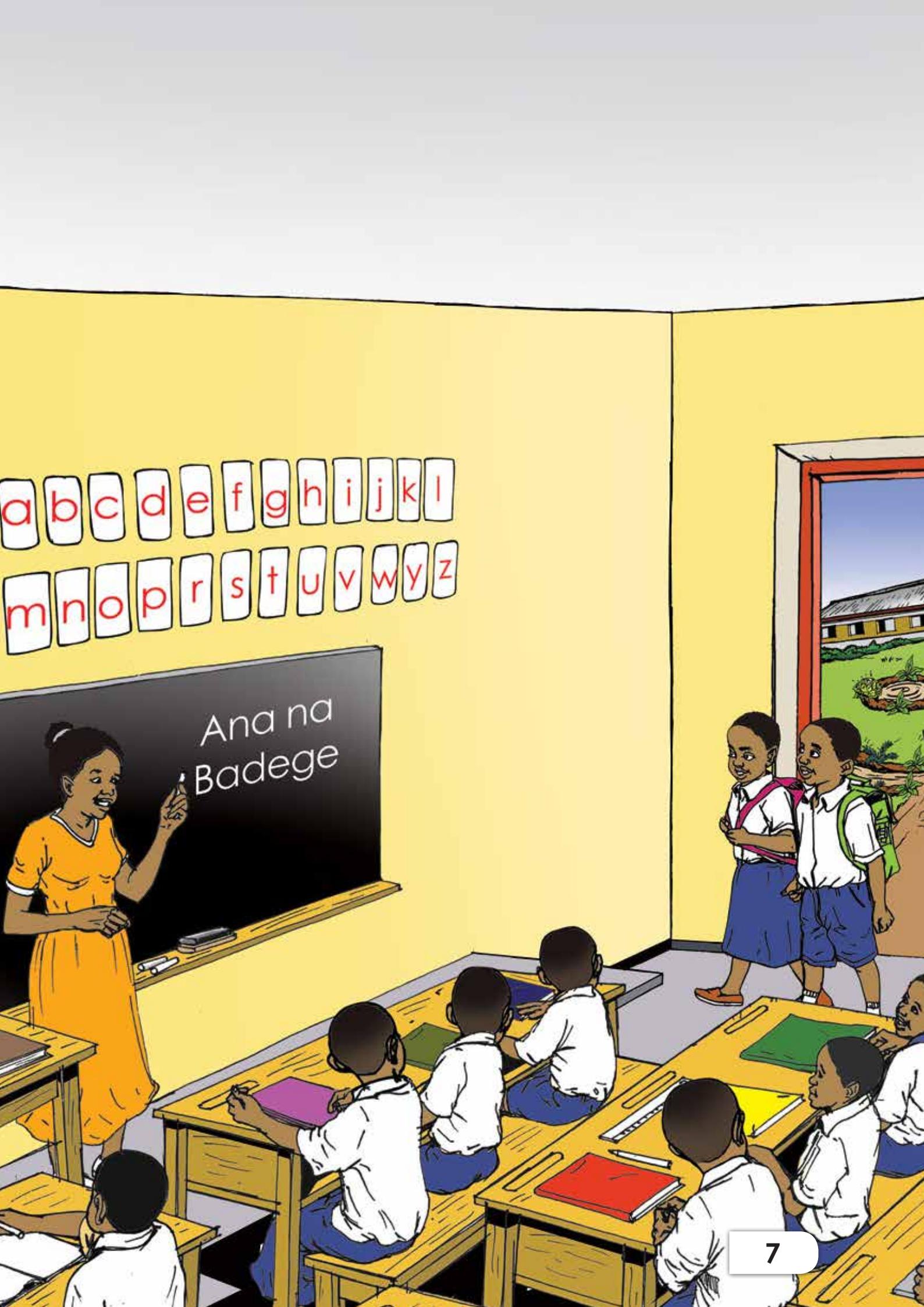
Batangira gusu huzanya, kubwirana amazina ndetse no gukina. Bunguka inshuti, bituma bamenyera ishuri vuba. Buri gitondo, baramutsaga umwarimu wabo bati:
"Mwaramutseho mwari?"

Na we ati: "Mwaramutse?"

Iyo bigaga ikigoroba, bamusuhuzaga bagira bati: "Mwiriweho mwari?"

Na we ati : "Mwiriwe neza?" Mbere yo gusohoka basezeraga umwarimu bati:
"Murabeho mwari!"

Iyo bageraga iwabo, bihitiraga gusu huza abo basize mu rugo bati: "Mwiriwe babyeyi?"



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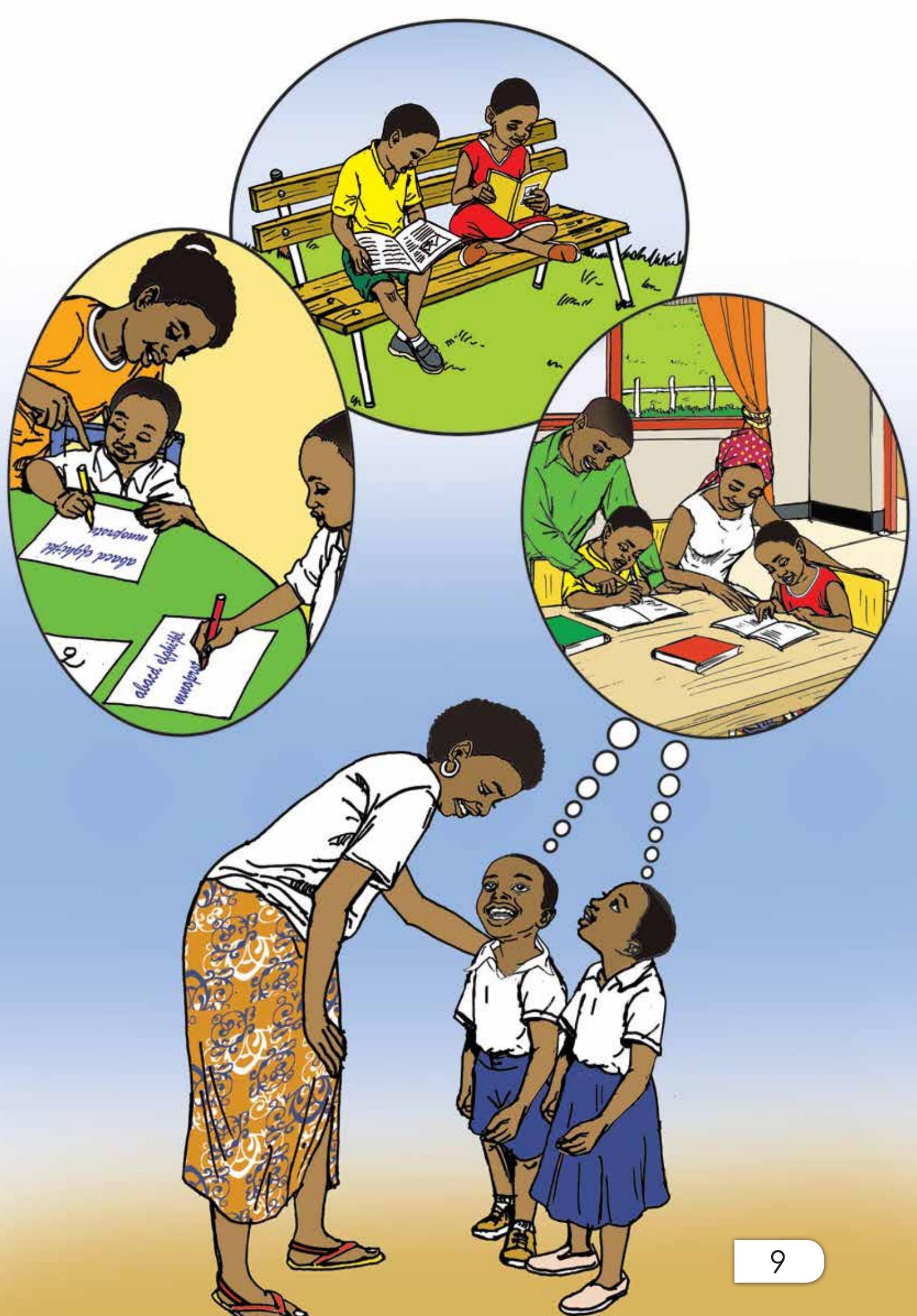
Ana na
Badege

Nyuma y'igihe gito, Ana na Badege, bamenya inyuguti z'Ikinyarwanda. Bamenya kandi gutahura inyuguti zitangira amazina yabo n'aya bagenzi babo.

Nyirasenge aje kubasura, atungurwa no kubasanga basoma. Nuko bamusanganira bishimye baramuhobera. Ana avugira hejuru yishimye ati: "Twize inyuguti zitandukanye. Ubu nzi ko izina ryange Ana ritangirwa n'inyuguti A." Badege na we avuga aseka ati: "Uzi ko nange nzi ko izina ryange Badege, ritangirwa n'inyuguti B!"

Nuko nyirasenge Bagabe biramutangaza cyane, arababwira ati: "Ariko muzi ko muzi ubwenge di! Ngaho nimumbwire izindi nyuguti zitandukanye muzi."

Nuko Ana na Badege bahita batangira kuririmba bakuranwa bati: "a, b,c, d, e, f, g, h, i, j, k, l, m, n, o, p, r, s, t, u, v, w, y, z."



Dutizanye ibikoresho



Igihe kimwe, abanyeshuri barimo kwiga isomo ryo gushushanya. Umwarimu asaba abanyeshuri bose kubanza gutegura ibikoresho byo gushushanyisha. Ako kanya abanyeshuri bose bashakashaka amakaye, amakaramu y'igiti, amakaramu y'amabara, igoma n'ibindi bikoresho. Nuko umwarimu abasobanurira icyo bagiye gushushanya n'uko babigenza.



Mu gihe umwarimu yagendaga yitegerezza,
agenzura niba abanyeshuri biteguye
gutangira gushushanya bose, abona
umunyeshuri witwa Mariza we yicaye yubitse
umutwe, adakora ibyo abandi bakora.

Nuko umwarimu aramu hagurutsa amubaza
impamvu we adashushanya nk'abandi.





Nuko Mariza avugana umubabaro n'ikiniga ko yibagiriwe mu rugo agakapu gato yabikagamo ibikoresho bye byose byo gushushanya. Ako kanya, abanyeshuri benshi bahita batangira gutiza Mariza ibikoresho byo gushushanya. Umwe amutiza ikaramu y'igiti, undi amutiza amakaramu y'amabara, undi amutiza igoma.

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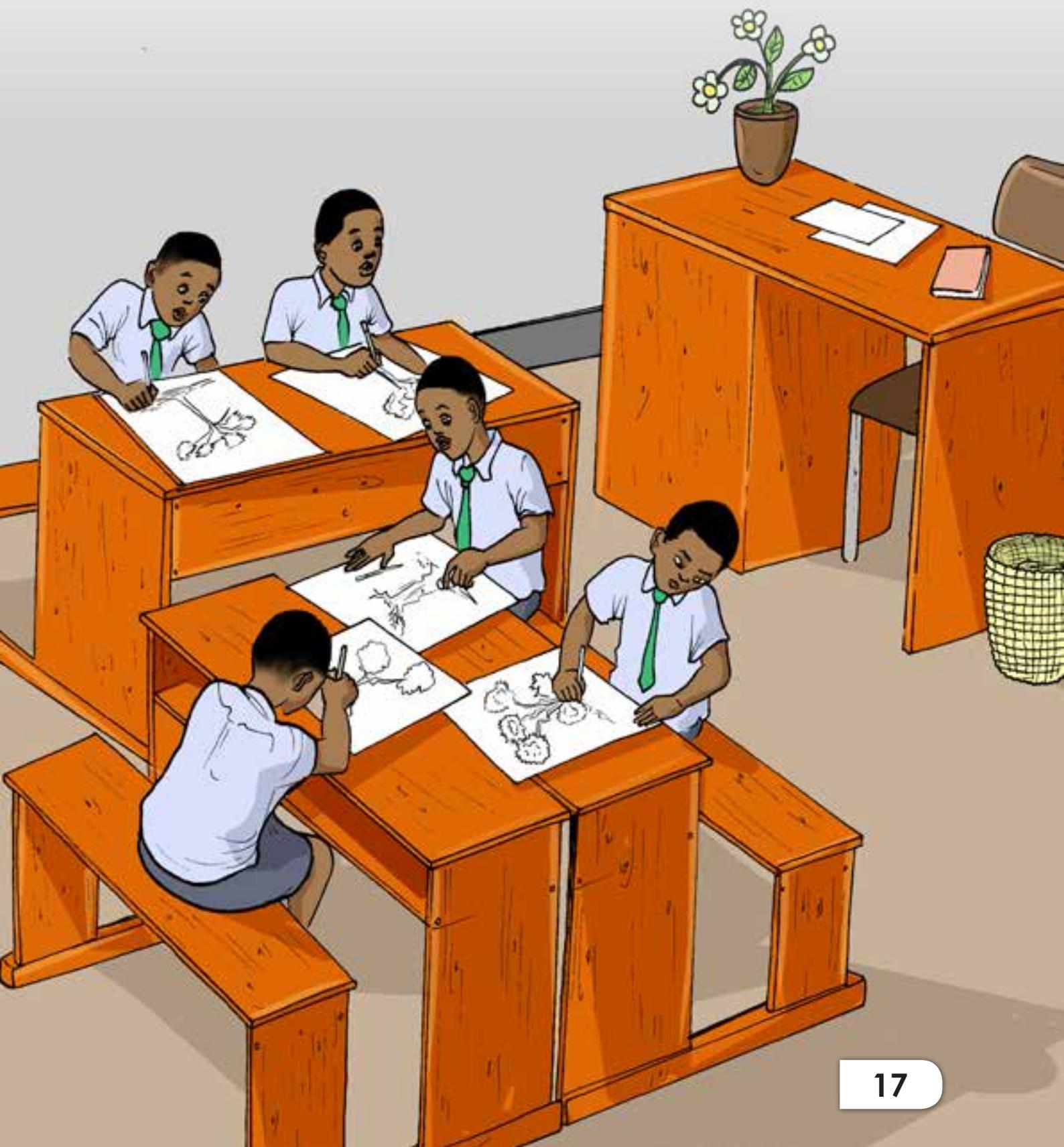
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Muri ako kanya, umwarimu abamenyesha ko bagiye gushushanya igiti. Nuko batangira kwitoza guca imirongo yose bari bukenere bashushanya. Babanza kwitoza guca imirongo ihagaze, itambitse, iberamye n'ihese.



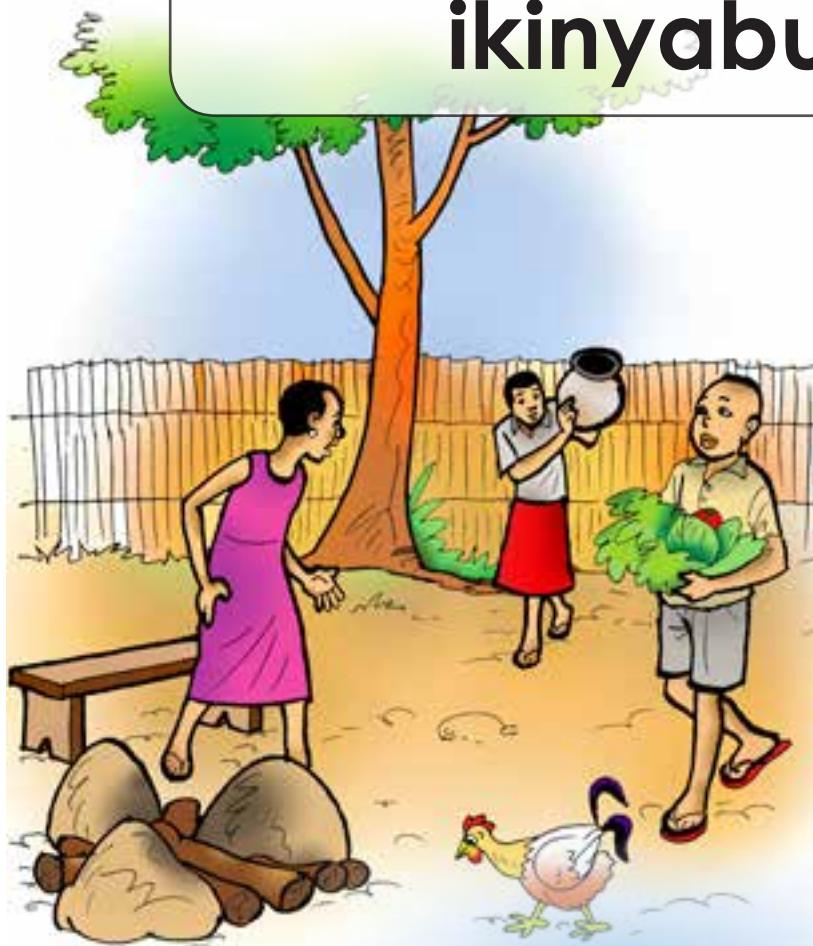
Mu kanya gato, abanyeshuri batangira
gushushanya igiti, bashyiraho amashami,
amababi n'indabyo. Mu kandi kanya, baba
batangiye gusiga amabara atandukanye
mu bishushanyo byabo.

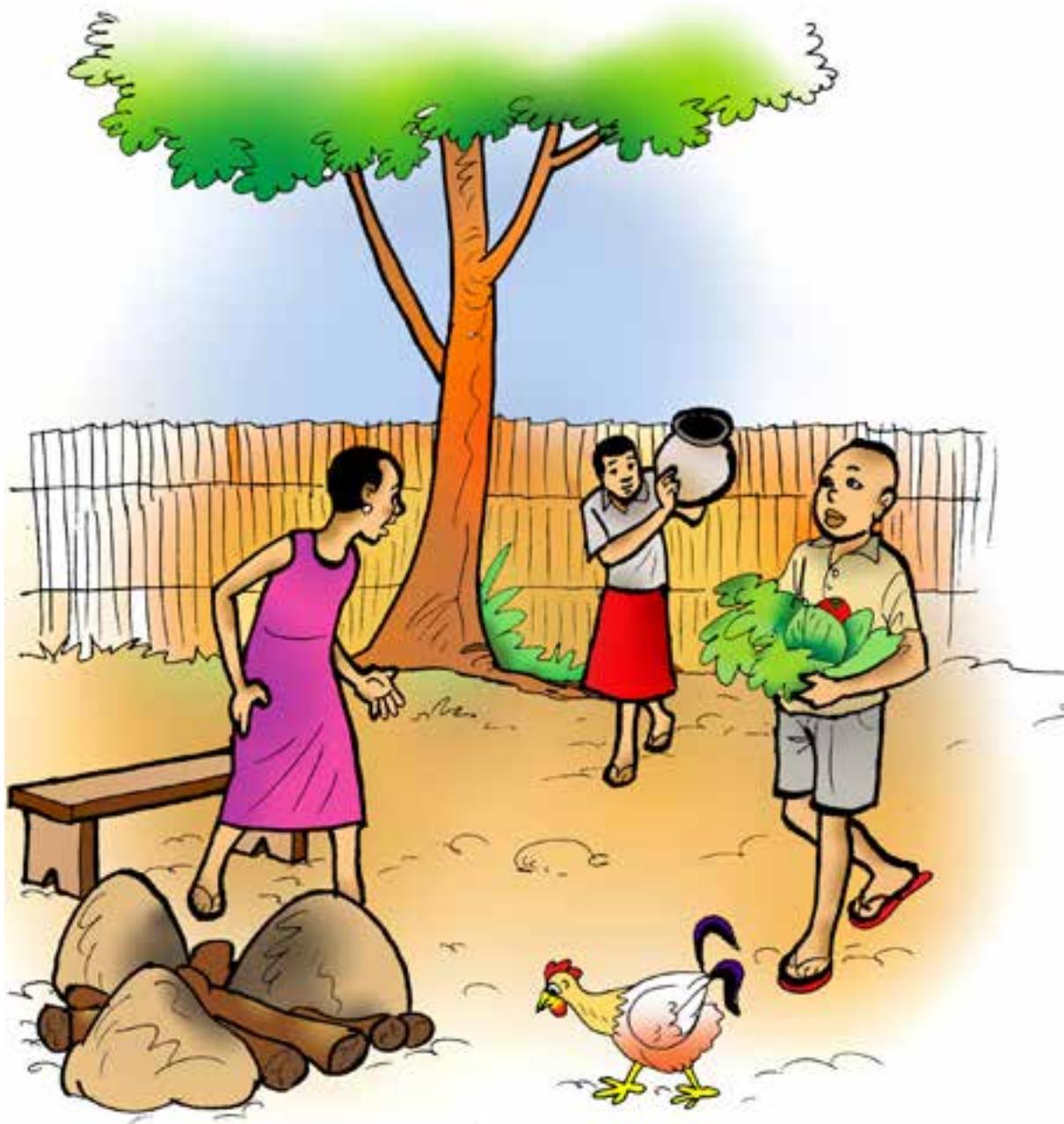




Mariza na we atangira gusiga amabara mu bishushanyo bye. Hakurikiraho umwanya wo kwerekana ibishushanyo. Igishushanyo cya Mariza cyari mu bishushanyo bitatu byiza kurusha ibindi. Nuko Mariza arishima, ashimira bagenzi be ko bamutije ibikoresho by'ishuri. Kuva ubwo, abanyeshuri bose bakomeza umuco mwiza wo gutizanya ibikoresho.

Uko Mahoro yize ikinyabupfura



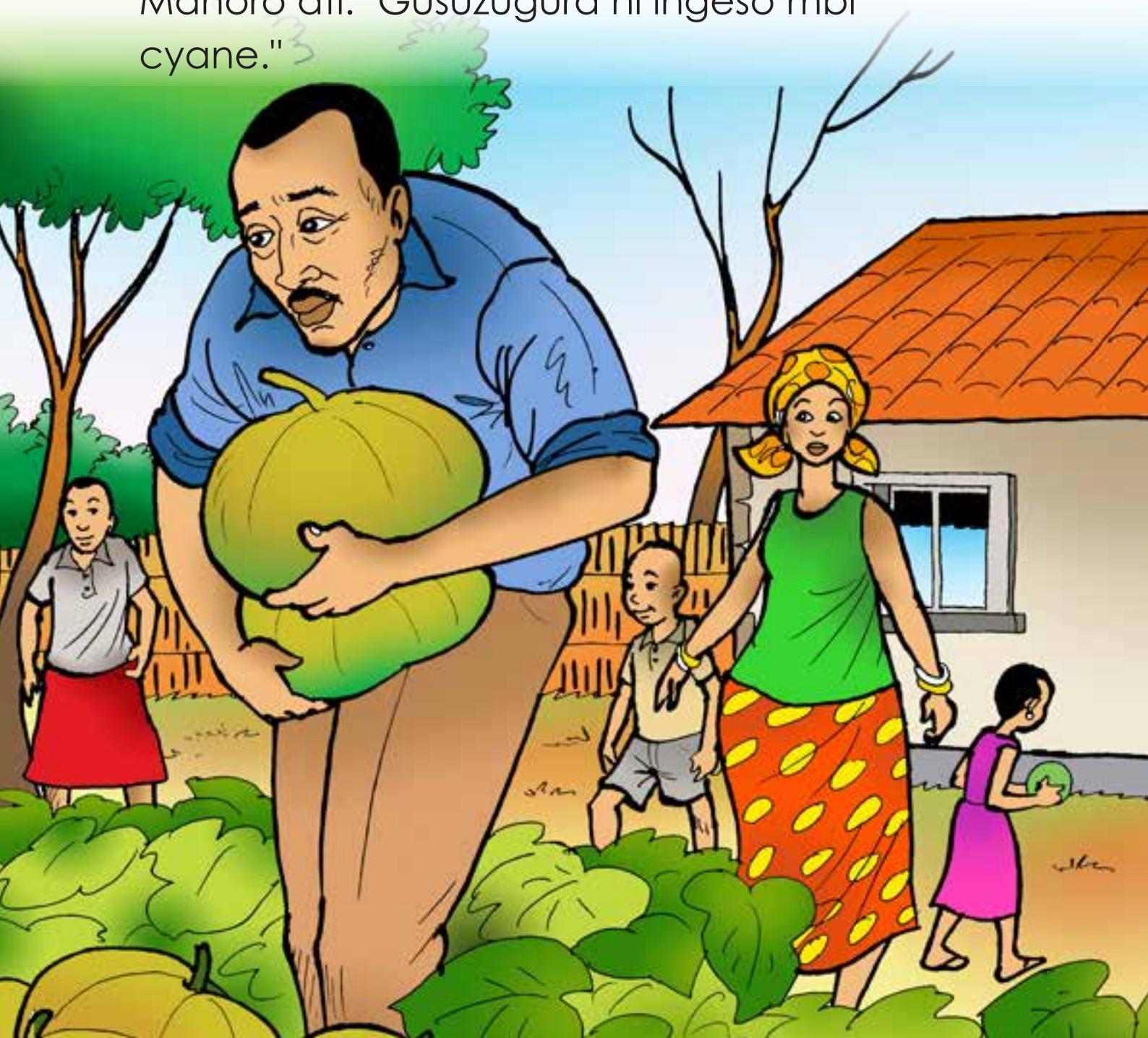


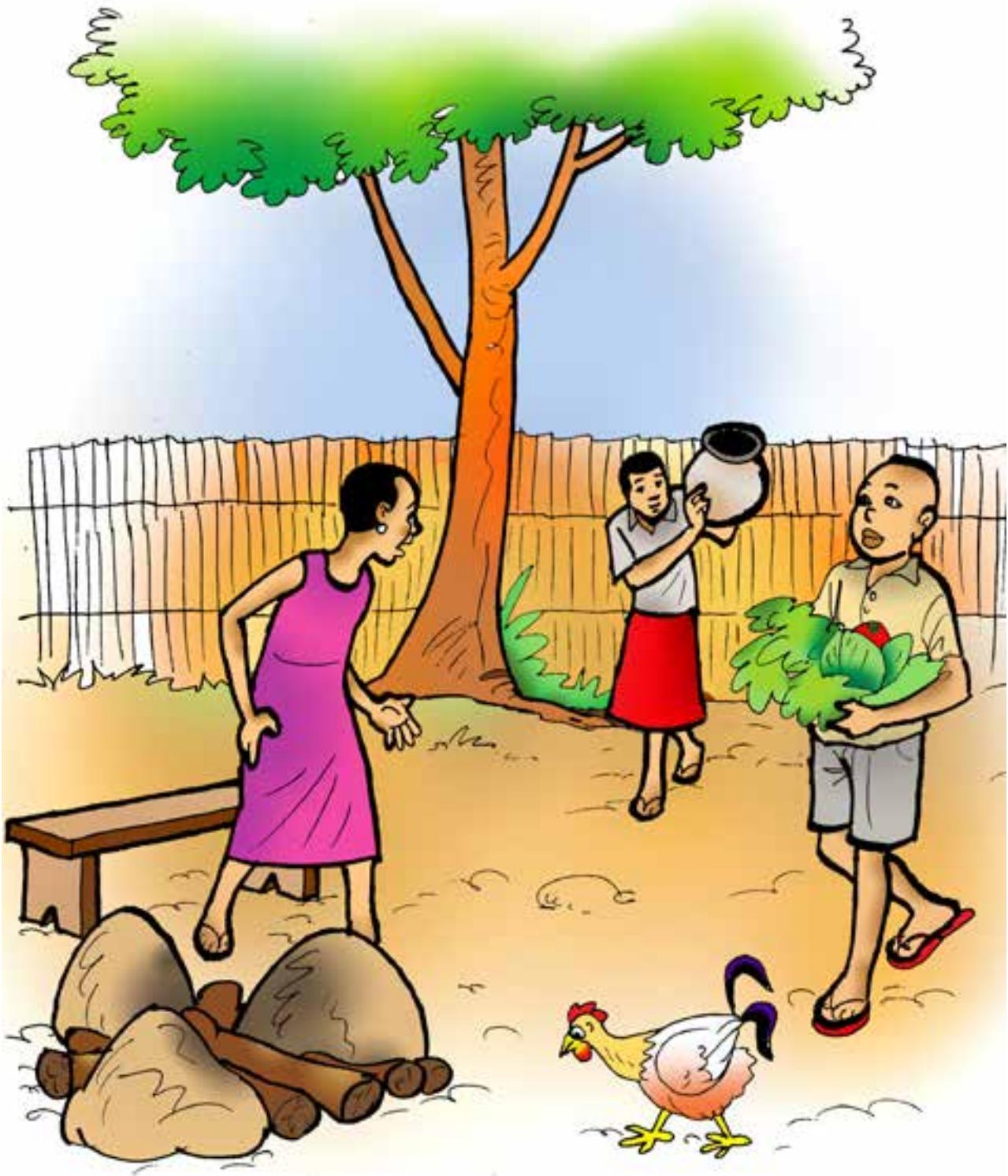
Kera habayeho umwana w'umukobwa
akitwa Mahoro. Mahoro yabanaga n'iwabo
mu Rugarama. Mahoro ni we wari bucura
mu muryango w'iwabo. Yavukanaga
n'abandi bana babiri, Isimbi na Mizerio. Abo
bana bombi barubahaga cyane. Mahoro
we yarasuzuguraga bikabije.

Umunsi umwe se ahamagara abana be bose ati: "Yemwe bana, nimuge kugaburira ziriya hene n'inkoko dore zirashonje." Isimbi na Mizero basubiriza icyarimwe n'ikinyabupfura kinshi bat: "Yego papa." Nuko baherako bajya kuzigaburira. Mahoro we arikiriza ariko yanga kujyayo. Se abibonye atyo, abwira Mahoro ati: "Gusuzugura ni ingeso mbi."



Nyina arabahamagara ati: "Yemwe ba, nimuge gufasha so gusarura ibihaza mu murima uri hirya ya kiriya git i kinini." Isimbi na Mizero basubiriza icyarimwe n'ikinyabupfura kinshi bat: "Yego mama." Nuko baherako bajya gufasha se gusarura ibihaza mu murima. Mahoro we arikiriza ariko yanga kujuayo. Nyina abibonye atyo abwira Mahoro ati: "Gusuzugura ni ingeso mbi cyane."



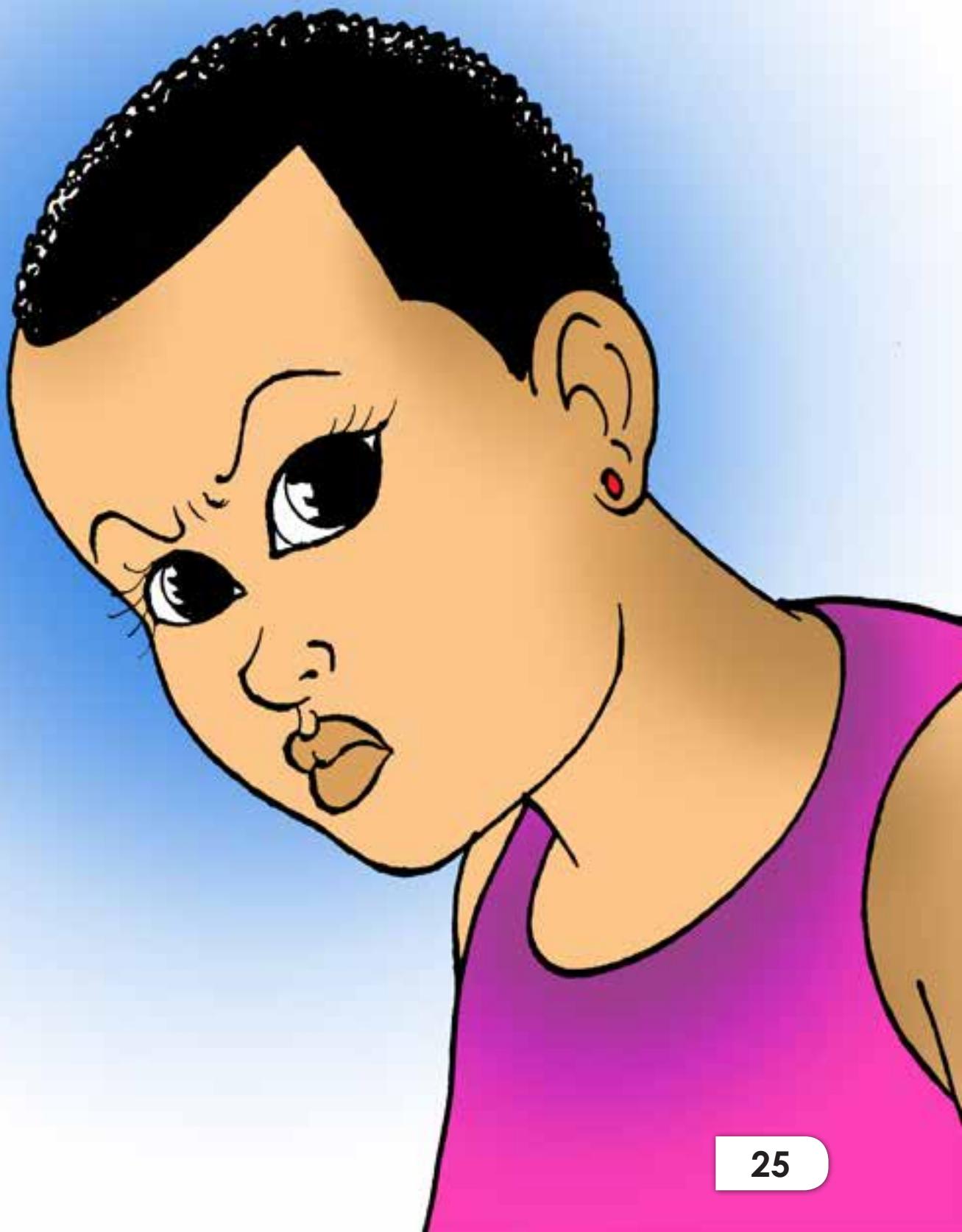


Nuko Mahoro yegera Isimbi na Mizero
arababaza ati: "Ese mwaretse tugakina?
"Baramusubiza bati: "Oya, oya, ntabwo
twakina nawe. Wowe uri umwana mubi, nta
kinyabupfura ugira."



Mahoro arabihorera asanga se aho yari ari
mu murima ahinga aramubwira ati: "Papa,
uraza kunsomera inkuru?" Se aramusubiza
ati: "Oya, oya Mahoro, ntabwo nagusomera
inkuru, ufile imyitwarire mibi."

Mahoro arababara, amara umwanya munini
ababaye cyane yibaza uko yakwikosora.

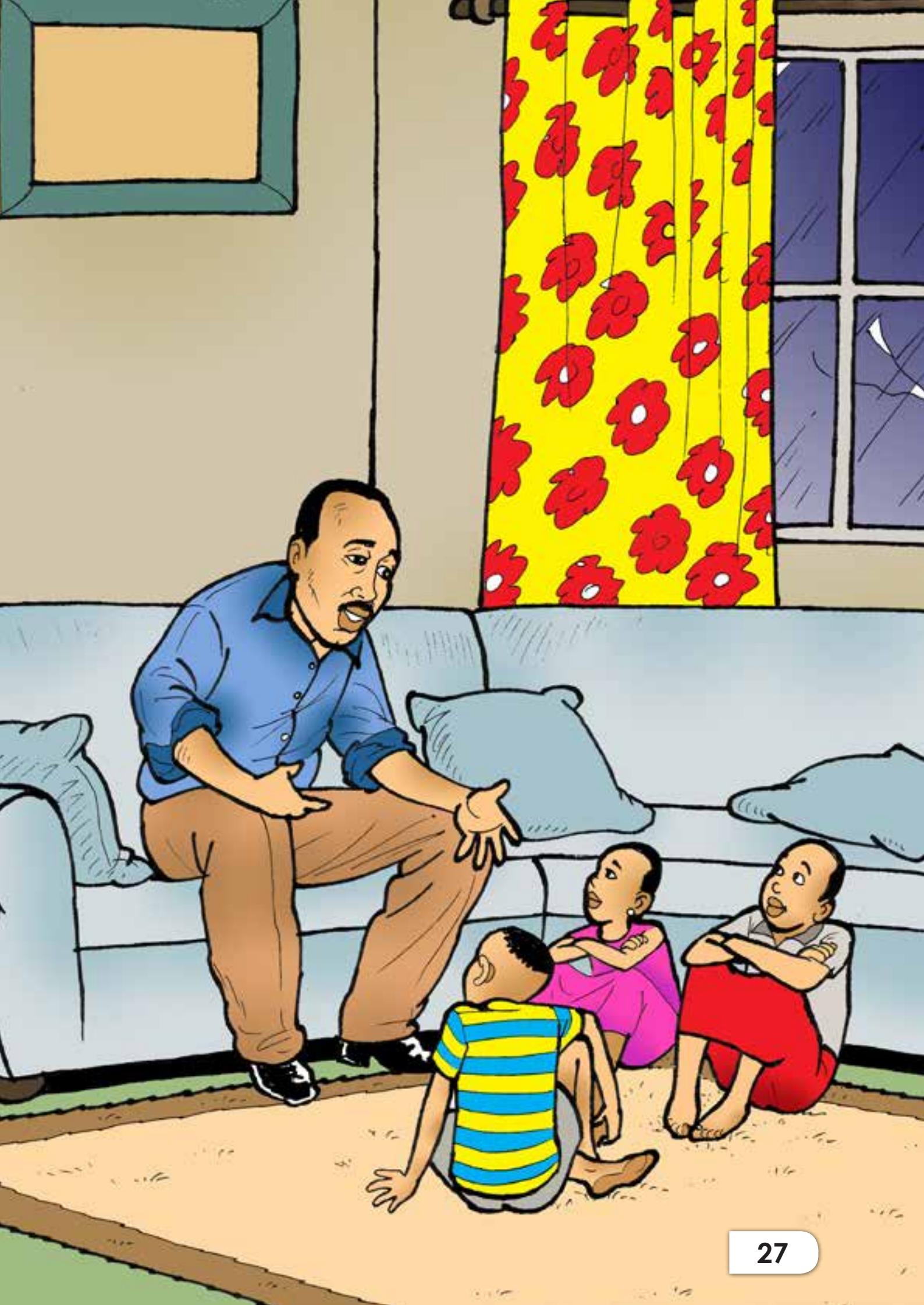


Nyuma y'ibyo, Mahoro abwira Isimbi na Mizeron'i kinyabupfura kinshi ati: "None se ninjya mbafasha kugaburira ihene n'inkoko muzajya mureka dukine?" Baramusubiza bati: "Cyane rwose."

Mahoro arishima cyane. Nuko yegera se n'ikinyabupfura kinshi aramubaza ati: "None se papa, ninjya ngufasha gusarura ibihaza mu murima, uzajya unsomera inkuru?" Se arasubiza ati: "Cyane rwose."

Ku mugoroba, se ahamagara Mahoro, Isimbi na Mizeron'i abagira inama arababwira ati: "Muge mwitwara neza ntimugasuzugure, muge mukora imirimo ababyeyi babategetse gukora."

Kuva ubwo Mahoro yiga kugira ikinyabupfura, gufasha abandi no kwitwara neza.



Dutabarane



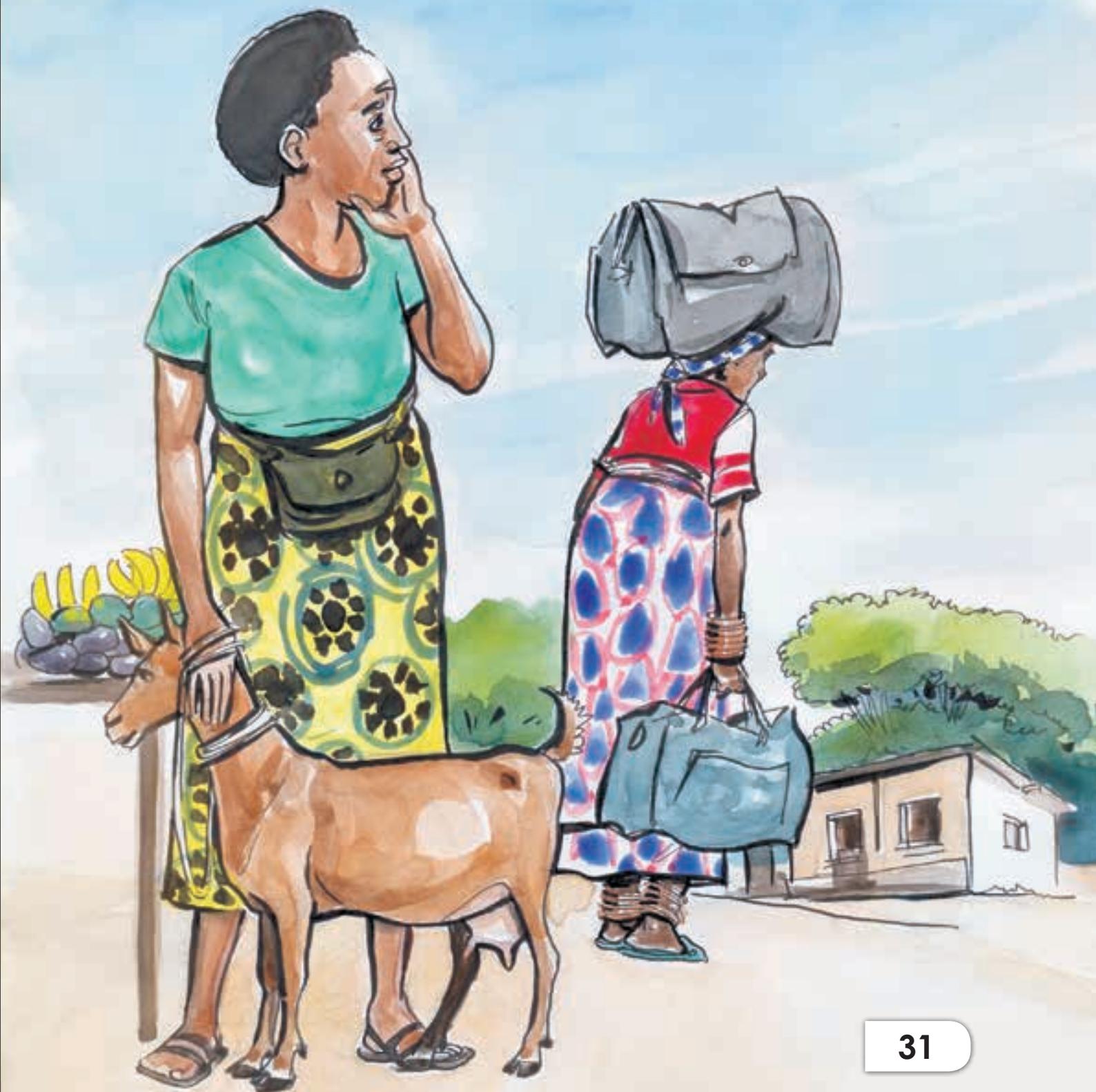
Umunsi umwe, mukecuru Muhorakeye yabyutse mu museso ajya ku isoko rya Mururu guhaha. Nuko ageze ku isoko atunguka aho Cyuzuzo yacururizaga. Nuko aramubwira ati: "Ndashaka kugura umuceri, umunyu, ubutunguru n'imbuto zo gukoramo umutobe. Ndashaka no kugurira abuzukuru bange amakaramu y'ubururu ndetse n'udutabo two gusomamo udukuru. Ndashaka kandi kubagurira ihene y'umutamu bakajya bayitaho.





Nuko umucuruzi Cyuzuzo amuha ibyo
akeneye byose. Amuhereza umuceri,
umunyu, ubutunguru n'imbuto zo gukoramo
umutobe. Amuhereza amakaramu
y'umukara ndetse n'udutabo two gusomamo
udukuru.

Mukecuru Muhorakeye amaze kubika amahaho mu gikapu ke, amufasha kujya kugura ihene y'umutamu yo korora. Bamaze kuyibona Mukecuru Muhorakeye afata inzira arataha. Ntibyamworoheye kubigeza mu rugo. Byari biremereye cyane.



Mu nzira, mukecuru Muhorakeye anyura iruhande rw'agashyamba maze inkende zari mu giti cyari hafi aho zikubise amaso imineke yari mu gikapu ke, ziza zisekera icyarimwe ziti:" Huum, humu, humu. Iriya mineke tugomba kuyirya pe !"



Nuko zimukubita umutego ku kuguru, maze mukecuru Muhorakeye arabandagara yikubita hasi. Ako kanya inkende zinyanyagiza ibyari mu gikapu, zirya imineke yose yarimo.





Muri ako kanya, hatunguka abana babiri Umutoni n' Umuhzo. Babonye ibyabaye kuri mukecuru, baravugana bati: "Reka tumutabare." Ako kanya barasakuza bati: "Puuu, puuu, puuu!" Nuko ba bana birukana inkende zose maze zirukira icyarimwe zose.



Nuko mukecuru Muhorakeye arabaduka,
yitegereza za nkende zari mu git'i maze
aratangara ati: "Inkende zikunda imineke
cyane koko!" Ashimira Umutoni n'Umuhzoza.
Nuko baramwegera bitegereza uburyo afite
imitwaro iremereye, maze barayimutwaza.



Umutoni yikorera igikapu, Umuhzoza na we atwara agakapu gato, naho mukecuru Muhorakeye we atwara ihene. Mu nzira, mukecuru Muhorakeye agenda abaganiriza ababwira inkuru zishimishiye.

UMUTWE WA 2: ISUKU

**Twite ku isuku
y'umubiri wacu**



Turi abanyeshuri beza, twiga mu mwaka wa mbere. Twiga kuvuga neza, gusoma, kwandika n'ibindi. Amasomo yose aradushimisha ariko cyane cyane kuririmba no gukina, bitunezeza kurushaho. Duhorana isuku ku mubiri wose.



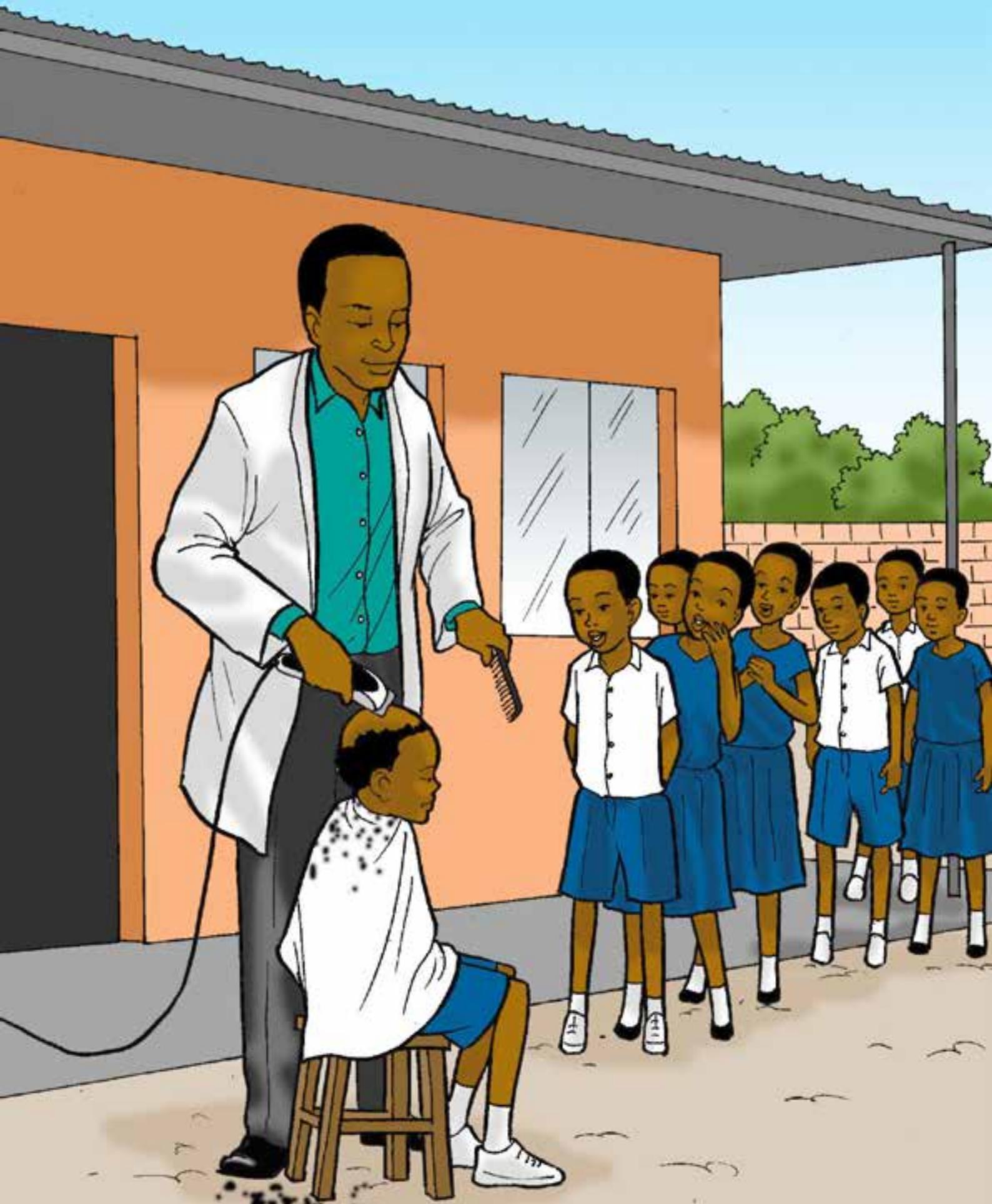


Umwarimu wacu Obedi akunda kugenzura
isuku ya buri wese ku bice byose by'umubiri.
Ahera ku mutwe areba ko twogoshe imisatsi.
Abafite mike, areba ko isokoje neza. Areba
kandi niba twameshe mu mutwe. Areba niba
abana twese twaje ku ishuri dukarabye neza
mu maso. Uzi ko hari abanyeshuri baza bafite
ubutuna ndetse n'ingonera? Abenshi muri
bo baba baryamiriye. Kubyuka kare ni byiza,
bituma umunyeshuri arwanya ubunebwe,
akabona n'akanya ko gusukura umubiri we.

Umunsi umwe, umwana twigana witwa
Omari yari amaze iminsi ataza ku ishuri.
Agitunguka mu ishuri, twese duhita tubona
ko afite umwanda ukabije. Yaje kwiga
atakarabye, afite imikori ku maguru.
Ntiyaherukaga guca inzara, haba ku ntoki
cyangwa ku mano. Ntiyaherukaga no
kwiyogoshesha umusatsi.

Ooo! Mbega igisebo! Ako kanya, umwarimu
atumiza urwembe n'akamashini ko kogosha,
atangira kumuca inzara no kumwogosha.
Amutuma ku ivomero gushaka amazi yo
koga, amuha isabune nuko arakaraba,
amuha n'amavuta yo kwisiga. Agaruka mu
ishuri asa neza.

Guhera uwo munsi, nta munyeshuri wongeye
kuza kwiga asa nabi. Twese tuza kwiga
twakarabye, twambaye imyenda imeshe
kandi irambuye neza.



Umwarimu wacu iyo amaze gusuzuma
isuku y'umubiri wacu, akomeza atugira
inama atwigisha uburyo twakomeza kugira
isuku kurushaho. Ni byo koko, umubiri wacu
ugomba gusukurwa. Ni yo mpamvu abana
twese tugomba gukaraba umubiri wose, buri
munsi, mu gitondo na nimugoroba.





Abanyeshuri bagira umwanda, bashobora kurwara indwara zitandukanye. Bashobora kurwara indwara z'uruhu, bashobora kurwara inda n'amavunja. Iyo badakaraba neza ngo bisige neza, bashobora kugira umwera, ubuheri, imvuvu, imyate n'amaga. Ikindi kandi, umwanda ku mubiri uzibya utwenge tw'uruhu maze umubiri ukabura uko usohora imyanda nk'ibuya.

Kwirinda biruta kwivuza



Igitondo kimwe, Kamana yarakangutse, agize ngo areguka age ku ishuri, yumva arababara umutwe wose. Nuko yikoze ku matama yumva yabyimbaganye. Nuko ananirwa kubyuka aguma mu buriri arira cyane.

Nyina, yiteguraga kujya kubagara amasaka i Karama. Mbere y'uko agenda, abanza kujya mu cyumba Kamana yari aryamyemo ngo amubyutse.

Nyina aramuhamagara ati: "Kamana Kamana, byuka bwangu uge kwiga, dore hakeye."

Kamana ahita arira cyane. Yigaragura mu gitanda ataka cyane ati: "Aaa! Ayiweee! Amatama weee! Amatwi weee! Amaso weee! Amazuru weee!" Buri gice cy'umutwe we cyarababaraga. Nyina wa Kamana abona umwana we yabyimbye amatama bikabije kandi adashobora no kujya kwiga.



Nyina wa Kamana areka ibyo kujya
kubagara ahita amujyana kwa muganga
witwa Mahara. Bageze kwa Muganga
Mahara, ahita amwakira aramusuzuma.
Areba mu kanwa asanga ishinya yabyimbye,
harimo imyanda myinshi. Mu kanwa ka
Kamana harimo impumuro mbi. Nuko
Muganga Mahara asukura neza amenyo ya
Kamana akoreshheje uburoso, amazi meza
n'umuti w'amenyo.



Muganga Mahara akomeza gusuzuma
amatwi Kamana. Afata itara ryabugenewe
maze amurika mu matwi ya Kamana.

Yatangajwe no gusanga huzuyemo
imyanda yenda kuziba umwenge w'ugutwi.
Yatangajwe kandi no kubona Kamana yari
atangiye kurwara umuhaha. Nuko Muganga
Mahara asukura amatwi ya Kamana
akoreshheje ipamba n'umuti wabugenewe.

Muganga Mahara yakomeje areba no
mu mazuru ya Kamana. Yasanze haracitse
ibisebe kandi harimo imyanda myinshi yenda
kumubuza guhumeka. Nuko Muganga
Mahara asukura amazuru ya Kamana
akoreshheje ibikoresho byabugenewe.



Muganga Mahara abaha imiti, akomeza
abagira inama zo kwirinda indwara
z'amenyo, izamatwi n'izo mu mazuru.

Nuko Kamana atega amatwi neza inama
muganga Mahara amugira. Nuko aravuga
ati: "Yaaa! Iyo mbimenya! Menye ko
kwirinda biruta kwivuza".

Kuva ubwo, Kamana akoza amenyo
buri gihe nyuma yo kurya, agasukura
amatwi n'amazuru acoresheje ibikoresho
byabugenewe.



Abana ba Twiga bararwaye





Igihe kimwe, Twiga yarwaje abana.
Bahoraga bakorora, bitsamura, bipfuna.
Bahoraga bababaye, bigunze. Ijoro ryoze
bararaga barira. Ibyo bitera Twiga kwiheba
yibaza icyo yakora. Icyari gitangaje, ni uko
abaturanyi bayo bo bari bafite ubuzima
bwiza.

Twiga yitegereza epfo, irabukwa inzovu
Mutware, nuko igira ubutwari bwo kuyegera,
iyigisha inama. Twiga iritegereza, ibona
Mutware n'abana bayo bameze neza
cyane. Bari bafite ubuzima buzira umuze.
Twiga irongera iritegereza ibona kwa
Mutware harangwa n'isuku. Mutware
n'abana be basaga neza, abana bakora
isuku hose mu rugo. Inzovu imwe, yozaga
ibyombo, ikabihanagura n'agatambaro
gasukuye, ikabishyira mu ndobo isukuye.
Inzovu ireba Twiga ukuntu isa nabi,
irabanza iricecekera, irumirwa gusa! Igeze
aho ibwira Twiga iti: "Mbega umwanda,
mbega umwanda! Ni gute se abana bawe
batarwara?"



Twiga ikomeza urugendo ishaka undi
yagisha inama. Itunguka ku mugina
w'imiswa. Imiswa yose na yo yari irimo ikora
isuku, imwe ikubura, indi yoza amasahane.
Nuko Twiga itekerereza imiswa uko abana
bayo barembye. Imiswa ireba Twiga ukuntu
isa nabi, irabanza iricecekera, irumirwa gusa!
Nyuma ibwira Twiga iti: "Mbega umwanda,
mbega umwanda! Ni gute se abana bawe
batarwara?"



Twiga imaze kwitegereza ibyo byose, itangira kwigaya no gutekereza icyo yakora. Mu nzira, igenda itekereza ku byo yabonye no ku byo yumvise byose. Nuko ikajya yibwira iti: "Nkwiye kwemera guhindura ubuzima nkagira isuku y'umubiri n'iy'ibikoresho byose, naho ubundi ubuzima bwarushaho kuba bubi.



Mu cyumweru cyakurikiye urugendo rwe, abaturanyi ba Twiga batangajwe no kubona imibereho ya Twiga n'abana bayo yahindutse cyane. Abana bari basigaye biyuhagira, bagakubura ariko cyane cyane bakoza ibikoresho byo mu rugo. Ivumbi ryarahaganagurwaga, ibikombe n'amasahani bikozwa, bikabikwa neza. Kuva ubwo, Twiga n'abana bayo, ntibongeye kurwara. Uburwayi bwabo bugenda nka Nyomberi.



Isuku y'ibiribwa iwacu



Nitwa Rora. Mu rugo rwa data na mama,
dutegura amafunguro atandukanye.
Dutegura umutsima w'uburo, imboga
z'ubwoko bwose, imbuto, ibishyimbo,
ibijumba, imyumbati n'ibindi.



Iyo mama agiye guteka imboga, azitotora yitonze, akazironga inshuro nyinshi kugira ngo hatagira uodusimba twanduza indwara dusigaramo. Rimwe na rimwe, mama adutegurira amafunguro arimo imboga mbisi abenshi bita sarade. Azironga mu mazi meza inshuro nyinshi kugera ubwo amazi asigaye yera de! Iyo agiye kuzikata,akoresha icyuma cyogeje neza, akazikatira ku bikoresho bisukuye.



Mama akunda kutugurira imbuto zirimo amacunga, ibinyomoro, amatunda, imineke, amapapayi, imyembe n'avoka. Umunsi umwe, musaza wange Rorero yari avuye mu rugendo rurerure, afata urubuto maze atangira kururya rutaronze. Nuko Mama amubonye aramubwira ati: "Rorero, Rorero, rorera kurya izo mbuto, ntabwo zogeje!" Ako kanya dufata imbuto, tuzironga mu mazi meza, tuzihanaguza igitambaro cyabugenewe gisukuye.



Data na Mama badutoje gushyira ibiribwa mu bikoresho byogeje. Dusukura neza amasahani, amasafuriya, ibiyiko n'ibindi. Iwacu mu rugo, twatojwe gupfundikira ibiribwa byose kuko iyo amasazi akoze ku biribwa, ashobora gusigaho imyanda itera indwara. Iyo abantu bariye ibiribwa byanduye bashobora kurwara inzoka, impiswi n'izindi ndwara.





Data na mama kandi badutoje gukaraba intoki neza mbere yo gutegura no gufata amafunguro. Nta cyo byaba bimaze gusukura no gufungura ibiribwa dufite intoki zanduye. Dukaraba amazi meza n'isabune hanyuma tukihanaguza agatambaro gasukuye kabugenewe. Ibiribwa byose turiye bisukuye, bigirira umubiri wacu akamaro. Aho isuku yageze, indwara ziriruka zikahacika. Duharanire kwita ku isuku y'ibiribwa iwacu.

Isuku y'ibinyobwa



Nitwa Karorero. Mu kiruhuko gishize, ge na mushiki wange Kawera twagiye kuruhukira kwa masenge utuye mu Karere ka Karongi. Twahabonye ibintu byiza byinshi byadushimishiye. Icyadushimishiye kurushaho ni ibikorwa byinshi yatwigishiye gukora. Ku munsi wa mbere, yaratubwiye ati: "Yemwe ba, ngiye kubigisha uko bategura amazi yo kunywa." Nuko ako kanya atangira kutwerekwa uko bayateka. Dufata isafuriya turayoza neza, dushyiramo amazi, turayacanira kugeza abize neza. Nyuma turayaterura, tuyaterekwa ahantu heza arahora neza. Tuyayungurura neza maze tuyabika mu kajerekani gasukuye.



Ku munsi wa kabiri, atwigisha gutegura amazi dukoresheje umuti usukura amazi. Aratubwira ati:" Uretse kuyateka, hari n'ubundi buryo bukoreshwa mu gutunganya amazi. Ni uburyo bukoresha umuti usukura amazi witwa siro. Iboneka hose mu ma farumasi, kandi ntihenda. Nuko afata kuri uwo muti usukura amazi awushyira mu ndobo nini yuzuye amazi. Adusobanurira ko uretse amazi yatetswe neza akabira cyangwa ayasukuwe hakoreshejwe siro, hari n'amazi atunganyirizwa mu nganda. Ayo mazi aba afunze neza kandi yujuje ubuziranenge.



Ku munsi wa gatatu, masenge atwigisha
guteka igikoma k'ibigori. Tugiteka mu isafuriya
yogeje neza. Kimaze kubira neza tugisuka
muri teremusi yogeje neza. Dufata ibikombe
byogeje neza maze tugisukamo turakinywa.
Dukurikizaho gutegura imitobe itandukanye.
Nuko dutegura umutobe w'inanasi
n'uw'ibinyomoro.





Ku munsi wa kane, twiga guteka amata
y'inshyushyu, tuyateka mu isafuriya
yogeje neza, amaze kubira tuyaminisha
akayunguruzo gasukuye. Amaze guhora,
turayabuganiza. Duhita duteka n'icyayi
mu isafuriya yogeje neza, kimaze kubira
tukimininira muri teremusi yogeje neza, nuko
tukinywera mu bikombe byogeje neza. Kuva
ubwo dusubiye iwacu mu rugo twajyaga
dufasha ababyeyi tugakorana isuku imirimo
twigiye kwa masenge.

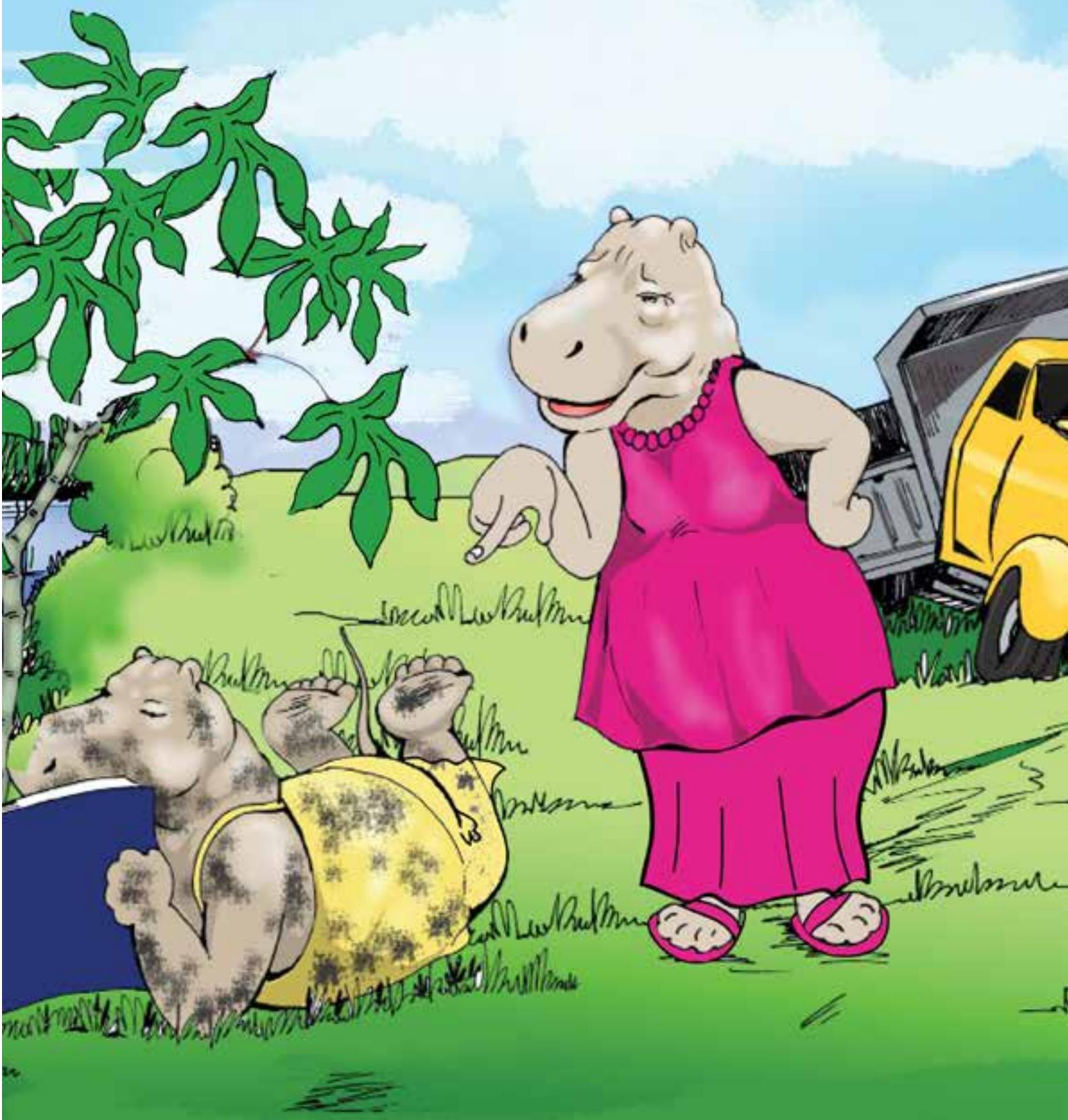
Imvubu Barahira



Kera habayeho imvubu ikitwa Barahira.
Barahira yiberaga mu bibaya. Yabanaga
na nyina hamwe na bakuru bayo Buranga
na Bakina. Nyina yahoraga yifuza kubona
abana bayo basa neza, bambaye
imyambaro imeshe kandi irambuye neza.

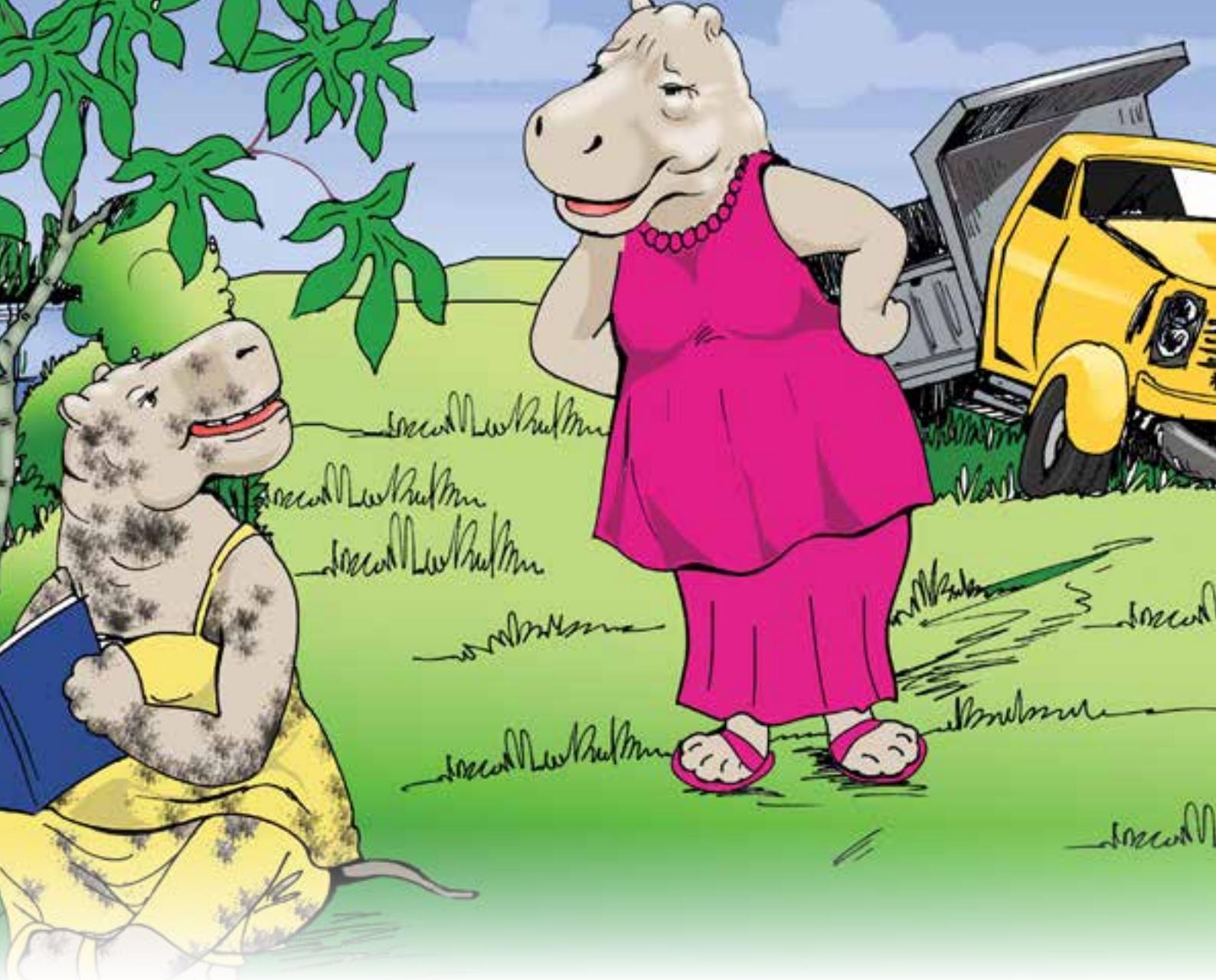
Nyina w'izo mvubu, yari afite ikibazo cyo
kubona Barahira, bucura mu mvubu,
itarakundaga gukaraba no gusukura
imyambaro yayo ahubwo igahora ireba
amashusho mu gitabo. Imvubu Barahira,
yambaraga imyambaro itameshe maze
igahora isa nabi.

Imvubu Barahira yakundaga kwiyicarira
munsi y'igitu maze ikiyumvira akayaga keza
ireba amashusho mu gitabo cy'ubururu.

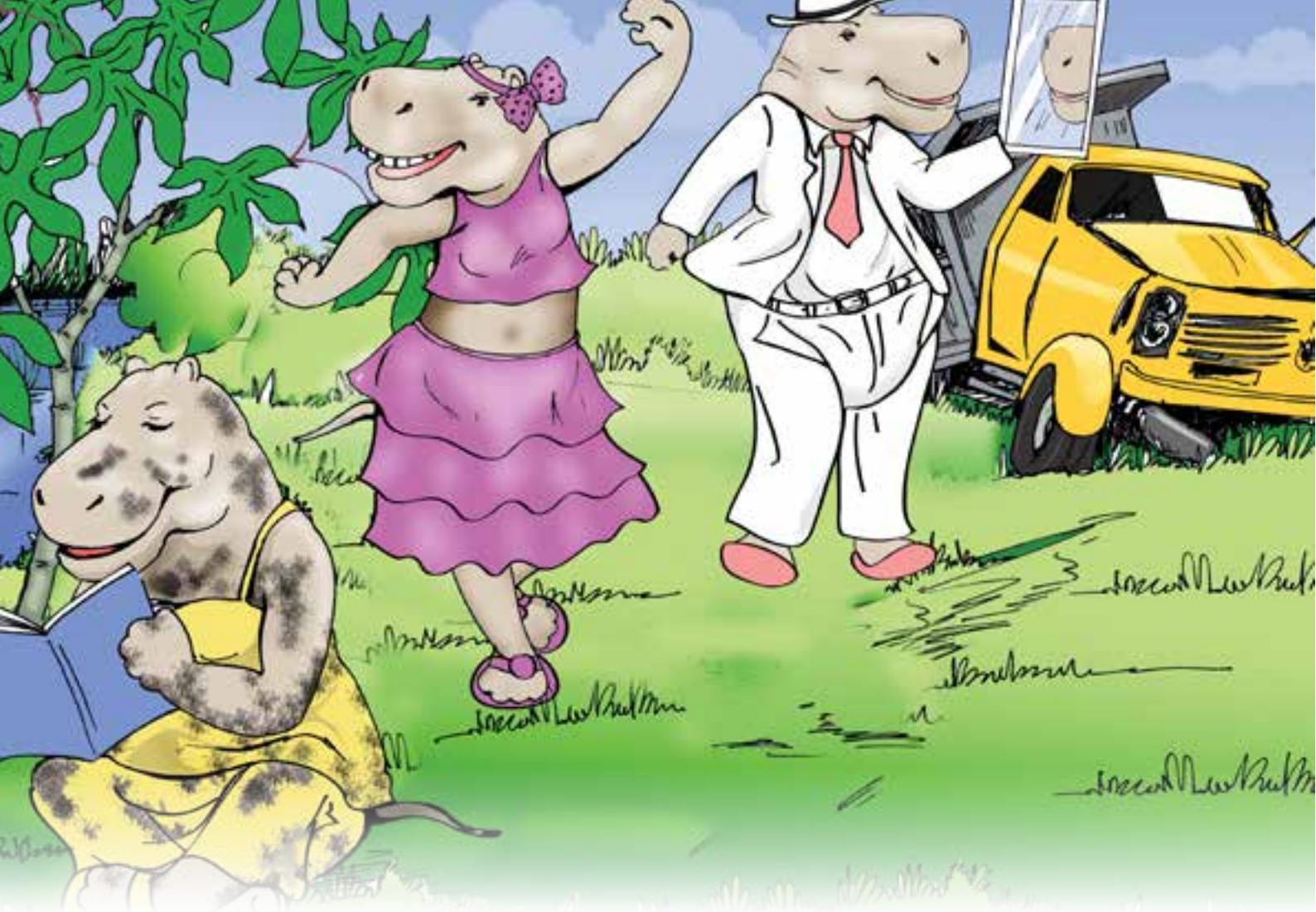


Nyina w'izo mvubu, yahoraga yibaza
impamvu Barahira yanga gukaraba
bikayiyobera. Yahoraga yibaza impamvu
yanga kumesa imyambaro yayo
bikayiyobera. Umunsi umwe, isanga Barahira
ireba amashusho mu gitabo irayibwira iti:
"Baduka uge gukaraba. Urasa nabi bikabije,
umubiri wawe wuzuye umwanda. Reba ayo
matwi yawe yuzuye imyanda, reba ibyo
birenge byawe byuzuye amaga, reba ikanzu
yawe yataye ibara."

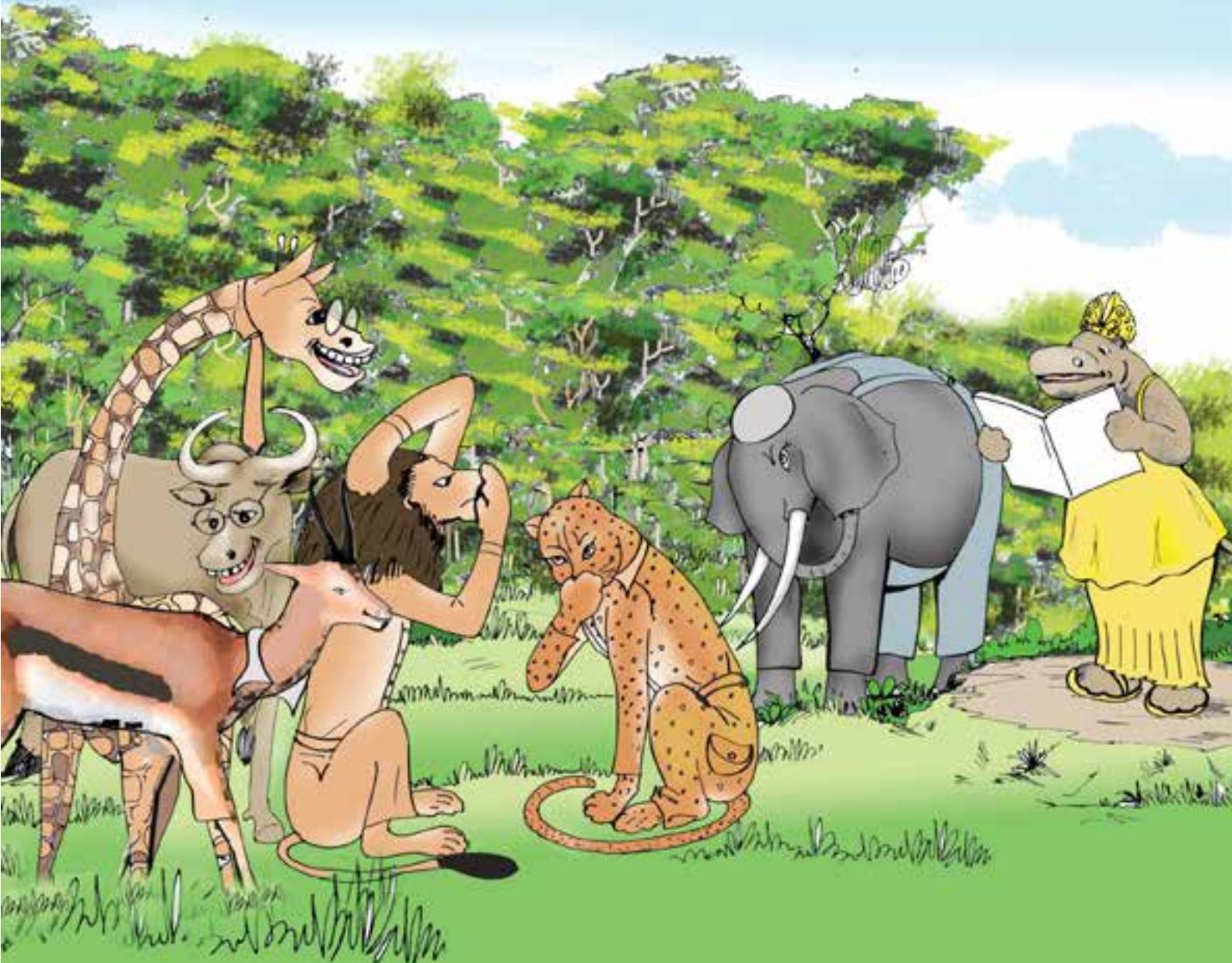




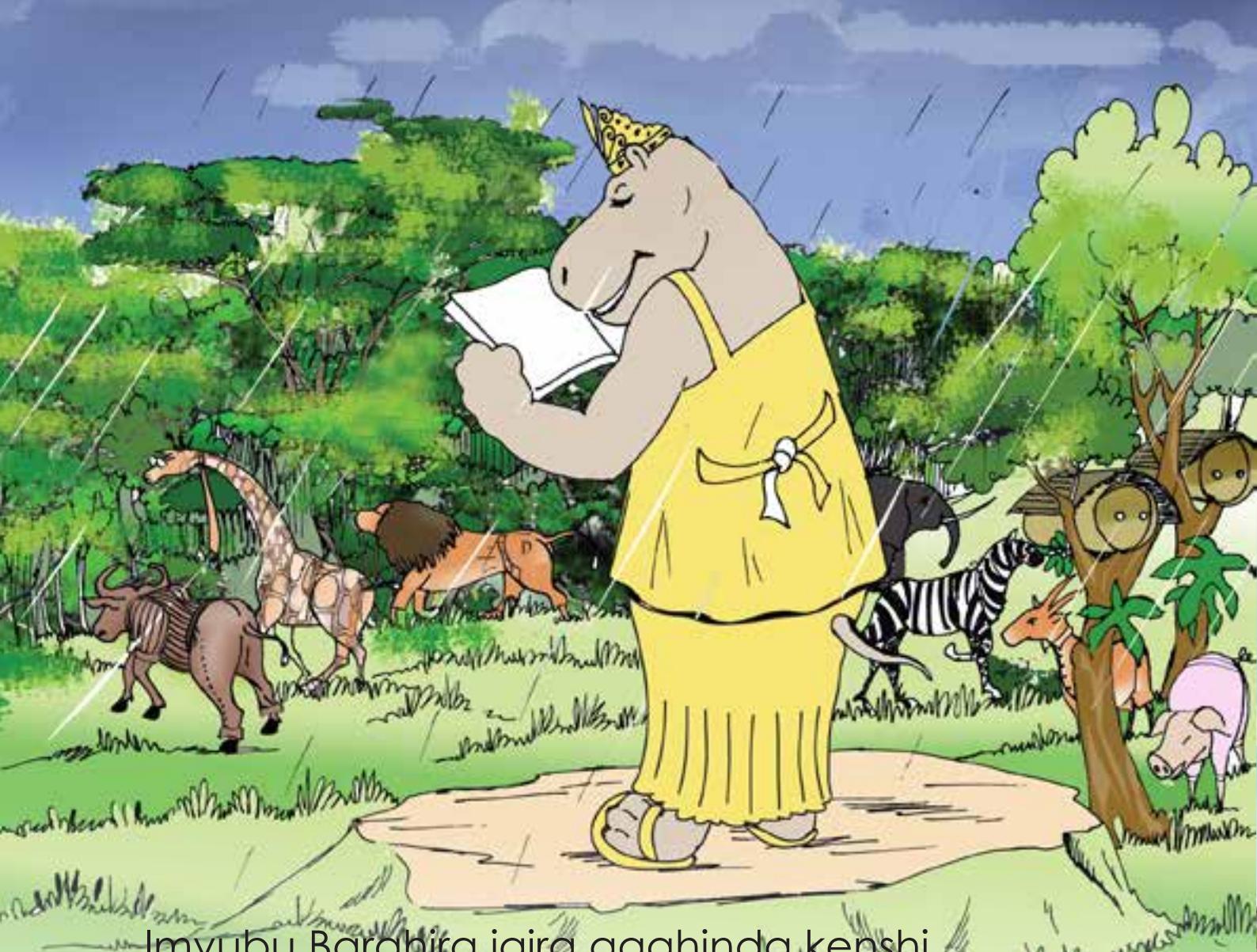
Imvubu Barahira yubura umutwe maze
isubiza nyina iti: "Ndeka mama. Reka mbanze
niyumvire akayaga keza kava mu mababi
y'ibi biti, nzaba nisukura. Nyina wa Barahira
ikora uko ishoboye kose kugira ngo Barahira
ikarabe, imese, ariko biranga, Barahira
ikomeza kugira umwanda.



Umunsi umwe, imvubu Barahira, Buranga na Bakina zitumirwa mu mwiyeroko w'ubwiza. Buranga na Bakina zambara imyambaro myiza, imeshe neza kandi igoroye, zisiga amavuta meza, ahumura neza. Kuri uwo munsi, Buranga yerekana ingendo nziza n'uburanga bwayo, ikajya ihindura ingendo, ikagendagenda imbere y'izindi nyamaswa maze zose zikayikomera amashyi.



Imvubu Bakina yo yerekana imbyino
idasanzwe. Igihe cya Barahira kigeze,
ihagarara imbere y'inyamaswa zaje kureba
imiyiyereko. Zibona irasa nabi, zumva
iranuka, maze zimwe zikubita ibitwenge, izindi
zipfuka amazuru. Izo nyamaswa ziravuga ziti:
“Reba ukuntu Barahira isa nabi, irasa nabi
bikabije!”



Imvubu Barahira igira agahinda kenshi, itangira kwibaza icyo yakora. Ihita yibuka inama za nyina, na yo yirebye uko isa n'uko yambaye nabi, irigaya cyane. Yibuka gusubira mu rugo. Ifata imyambaro yayo irayimesa, irayirambura, irisukura maze yambara neza. Isubira mu irushanwa ikeye maze na yo itangira kwiyeraka. Inyamaswa ziyibonye ziratangara. Si isuku, imvubu Barahira yasaga na bike! Reka si ukuyishima, imyamaswa zose ziyikomera mu mashyi ngo: "Kaci, kaci, kaci."

Nyina wa Barahira ibibonye irishima cyane.

Yihutira guhobera Barahira irayibwira iti:

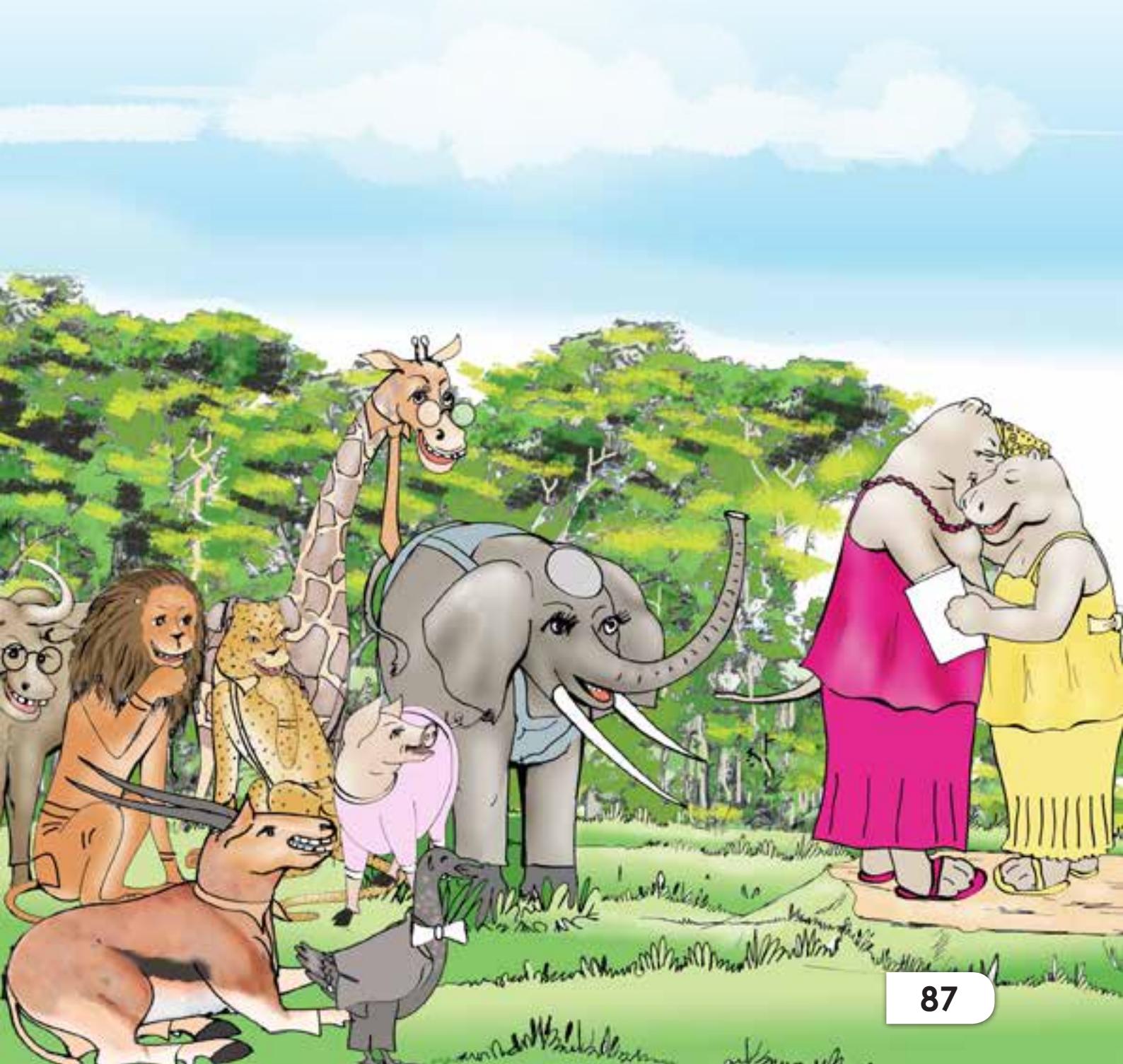
"Uranshimishiye Barahira mwana wange."

Nuko imvubu Barahira na yo ibwira nyina iti :

"Mama warakoze. Ibyo wambwiraga ni byo.

Kuva ubu, niyemeje kugira isuku ku mubiri no

ku myambaro."



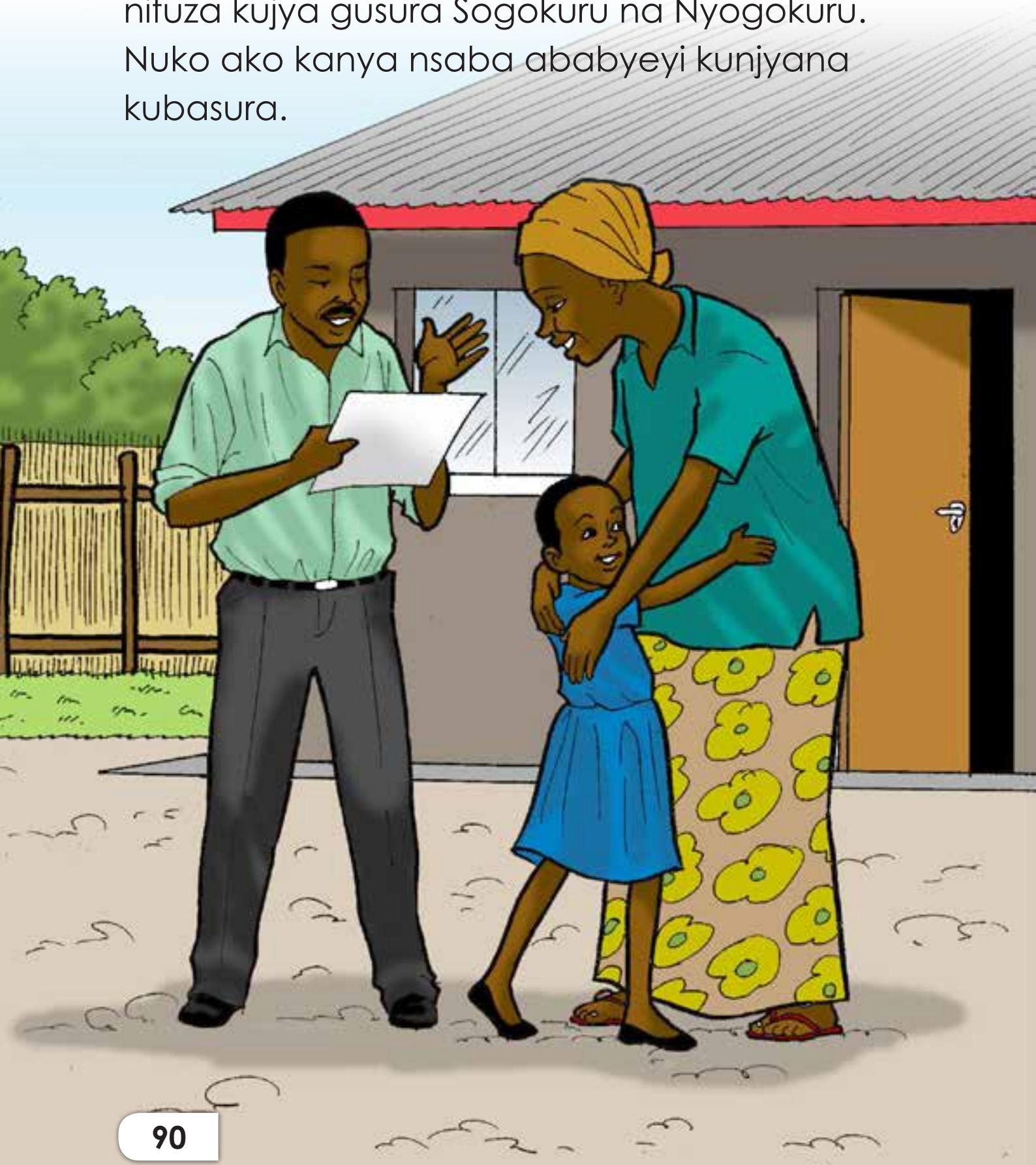
Ibiruhuko kwa sogokuru





Nitwa Nina, mfite imyaka umunani. Niga mu mwaka wa mbere. Igihembe gishize nabonye amanota meza cyane maze mba uwa mbere mu ishuri.

Ngeze mu rugo, ababyeyi bange
baranshimira cyane maze barambaza bati:
"Urifuza ko tuguhemba iki?" Nari maze iminsi
nifuza kujya gusura Sogokuru na Nyogokuru.
Nuko aka kanya nsaba ababyeyi kunjyana
kubasura.





Mu gitondo cyakurikiyeho hari ku wa kane.
Data na Mama banjana gusura Sogokuru
na Nyogukuru. Sogokuru na Nyogokuru bari
batuye ku Munini.



Tukigerayo, dusanga batubikiye umutobe
uryoshye cyane. Nuko ako kanya, Nyogokuru
adusukira mu bikombe binini. Bugorobye,
Data na Mama barataha maze nange
nsigarana na Sogokuru na Nyogokuru.

Sogokuru atangira kunganiriza, avuga ati:"Ababyeyi bawe bakoze kukuzana kudusura." Nuko arambaza ati: "Ese abavandimwe bawe baraho?" Sogukuru abonye ntinze gusubiza yongeraho ati:" Ndavuga mukuru wawe Nirere, musaza wawe Munana na murumuna wawe Ana. Nuko mpita nsubiza nti: "Eee! Ese ni abo washakaga kuvuga? Baraho, nasize bameze neza."



Nyuma y' iminsi umunani, nsubira iwacu.
Nyogokuru na Sogokuru bari bamfunyikiye
imineke yo gushyira abavandimwe bange.
Nuko baramperekeza ndataha. Ngeze mu
rugo, ababyeyi n'abavandimwe bange
banyakirana ubwuzu. Mbatekerereza ibihe
byiza nagiriye kwa Sogokuru hanyuma
mukuru wange Nirere, musaza wange
Munana na murumuna wange Ana tujyana
gukina umukino w'urunana. Tukajya turirimba
tuti "Urunana rw'abana batoya, umuceri mu
gacaca."



Iwacu turafatanya



Kwa Data na Mama dushimishwa no kuba hamwe. Tugira gahunda idakuka ya buri munsi, ijyanye n'inshingano za buri wese. Tumeze nk'umubiri. Buri gice cy'umubiri gifite umumaro wacyo. Kugira ngo umubiri umere neza, buri gice cyose cy'umubiri kigomba gukora icyo gishinzwe. Natwe iwacu mu rugo, turuzuzanya, tugafashanya muri byose.



Ababyeyi bacu baduha ibikenewe byose,
baduha urukundo tukabatetaho ariko na twe
hari ibyo dushinzwe. Iteka iyo tubyutse mu
gitondo, twiyuhagira umubiri wose, tukoza
amenyo, tugasasa n'uburiri bwacu.



Buri munsi dufasha ababyeyi, mu mirimo myinshi ihwanye n'intege zacu. Nkange Mirimo, nshimishwa cyane no gufasha mama gusukura ibyombo. Akensi ndabyoza, mama agahanagura cyangwa akabyoza nange ngahanagura. Basaza bange Murigo na Munana, na bo bakora imirimo yo mu rugo nko kumesa ndetse no guteka. Ikituranga kandi gikwiye umwana uwo ari we wese, ni ukumvira, kubaha ababyeyi no kubafasha mu byo dushoboye byose.



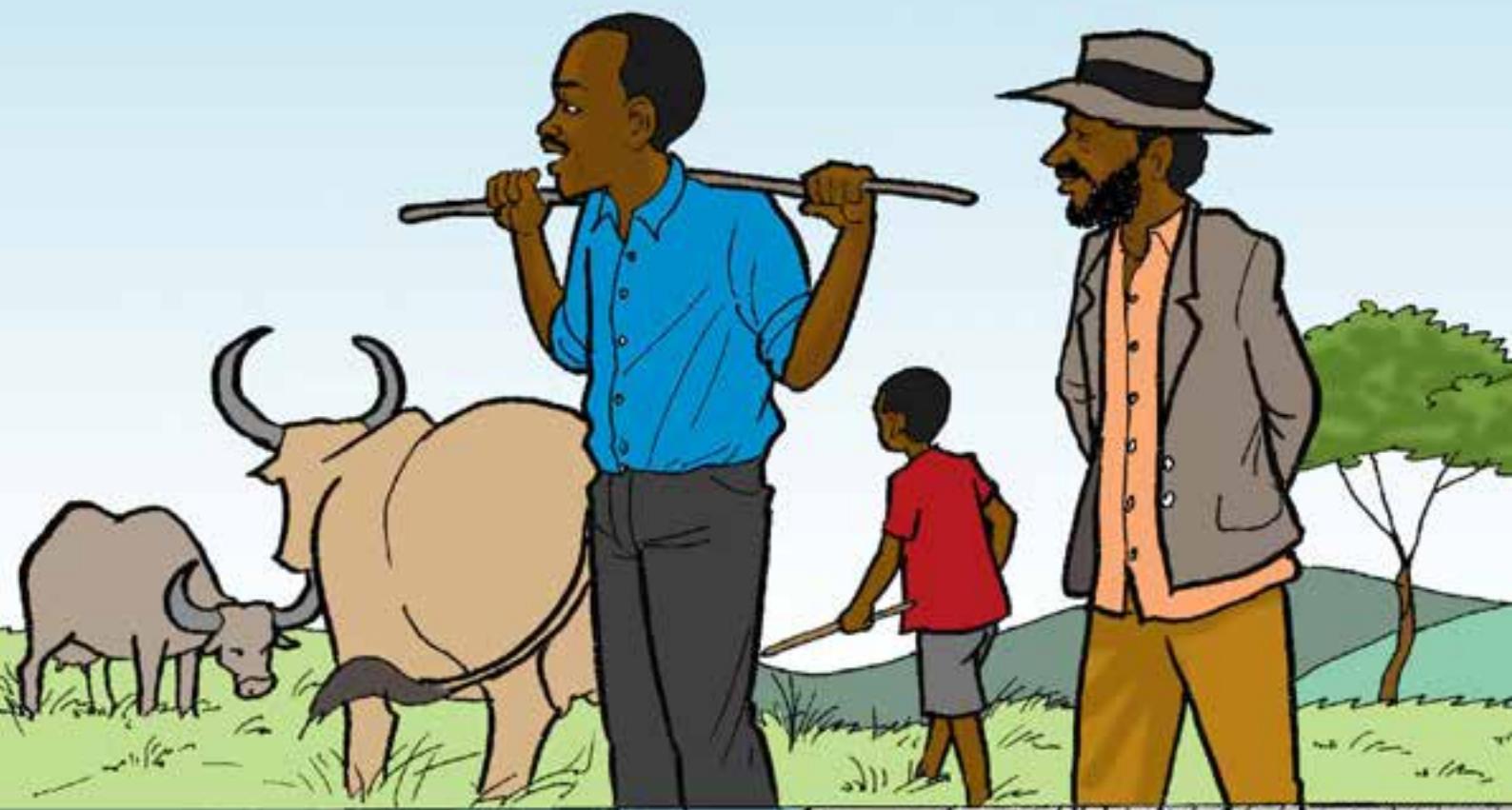


Data na Mana barafatanya muri byose.
Bafatanya kuturera, kutwohereza kwiga,
kutugaburira, kutuvuza twarwaye,
kutwambika n'ibindi. Buri munsi, badufasha
gusubira mu masomo twize. Ku ishuri,
dukurikira amasomo dushyizeho umwete. Ni
inshingano zazu kwiga tugatsinda. Tugomba
kandi kwirinda indwara no kugira isuku aho
turi hose.

Iyo turangije imirimo, dusangira n'ababyeyi bacu. Baratuganiriza, tukabwirana uko umunsi wagendekeye buri wese. Ababyeyi, bacu bahora baduhangayikiye bakaturinda icyatugirira nabi icyo ari cyo cyose.



Ababyeyi bacu kandi bafasha sogokuru na nyogokuru. Babasura kenshi bakabafasha mu mirimo itandukanye y'ubuhinzi n'ubworozi. Natwe ubwacu, iyo twabasuye, tubafasha imirimo inyuranye nko gukora isuku yo mu rugo, kuvoma amazi, kwahirira amatungo. Buri wese mu bagize umuryango wacu, yihatira kuzuza neza inshingano ze.



Urugendoshuri



Ku wa gatanu ushize, umwarimu wacu
Gaju yadusabye kuvuga ibimera byose tuzi.
Nuko tumaze kubirondora, aratubwira ati: "
Uyu munsi tugiye gukora urugendoshuri ku
bimera." Nuko dufata amakayi n'amakaramu
byacu maze turasohoka tuva mu ishuri.
Dukora akagendo gato maze tugera mu
mirima irimo ibimera bitandukanye.



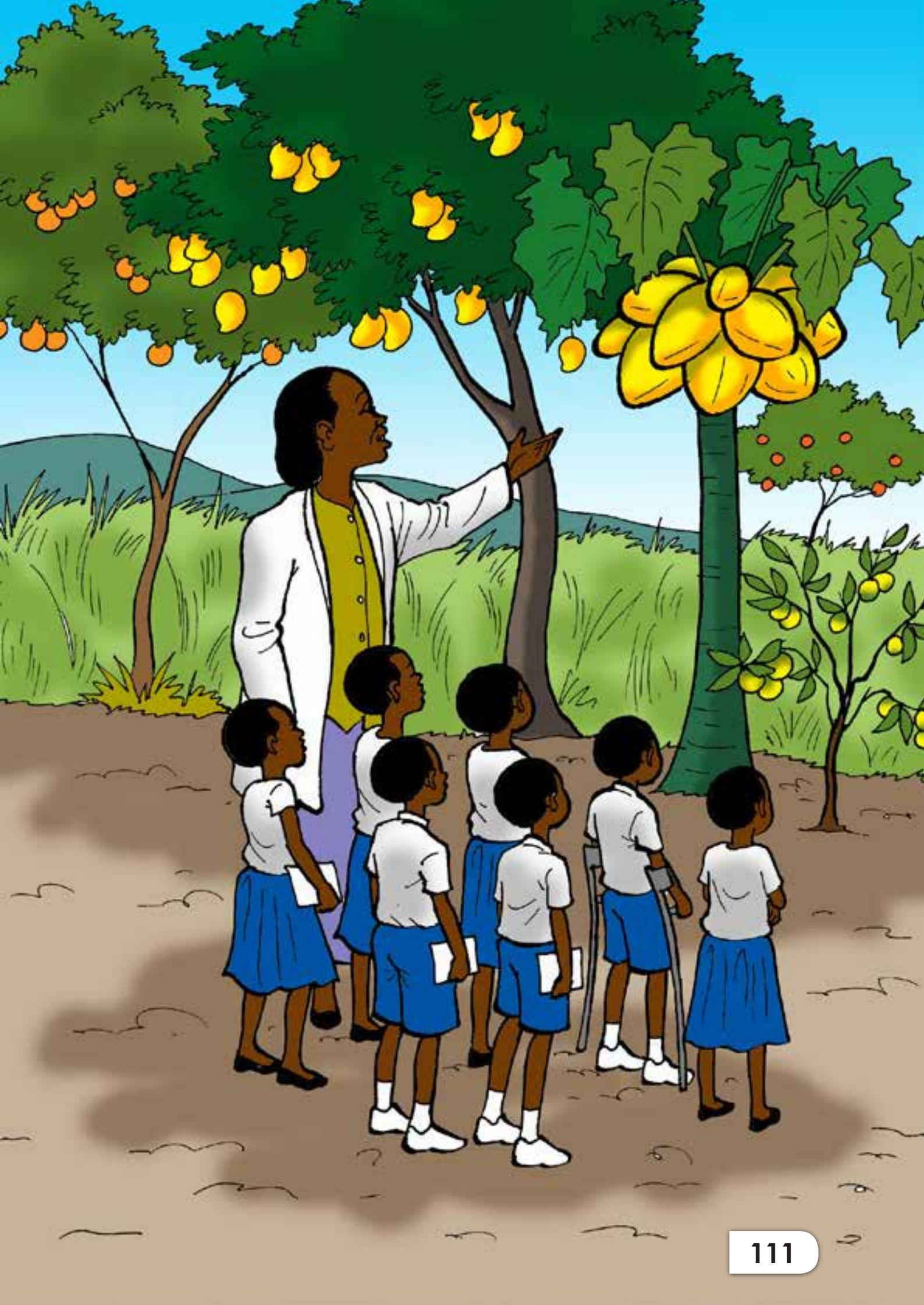
Dutungukira mu gishanga giteyemo imyaka itandukanye. Twitegereza amasaka, ibishyimbo, imyumbati, ibigori, amateke, ibirayi n'ibindi. Mbega ibihingwa byiza! Byari bitohagiye, bisa neza ku buryo twumvaga twakomeza kubyitegereza. Umwarimu adusobanurira akamaro ka buri gihingwa, nuko adusaba gushushanya ibyo twakunze kurusha ibindi.



Dukomeza ku mirima iteyemo imboga zitandukanye. Twitegereza imboga rwatsi, karoti, amashu, intoryi, imiteja, ibitunguru n'ibindi. Mbega imboga nziza! Zari zitohagiye, zisa neza ku buryo twumvaga twakomeza kuzitegereza. Umwarimu adusobanurira akamaro ka buri bwoko bw'imboga nuko adusaba gushushanya imboga twakunze kurusha izindi.



Dukomeza dusura imirima y'imbuto. Tubona ibiti by'imyembe, avoka, amacunga, indimu, ibinyomoro n'ibindi. Mbega imbuto nziza! Ziratohagiye, zisa neza, ku buryo twumva twakomeza kuzitegerezza. Abana twese tugira amashyushyu dushaka kuzihanura. Umwarimu adusobanurira akamaro ka buri mbuto, nuko adusaba gushushanya imbuto twakunze kurusha izindi.



Dukomeza gusura umurima w'indabo zitandukanye. Tubona indabo z'amoko menshi zifite amabara atandukanye. Mbega indabo nziza! Ziratohagiye, zisa neza ku buryo twumva twakomeza kuzitegereza. Umwarimu adusobanurira akamaro k'indabo nuko adusaba gushushanya indabo twakunze kurusha izindi.

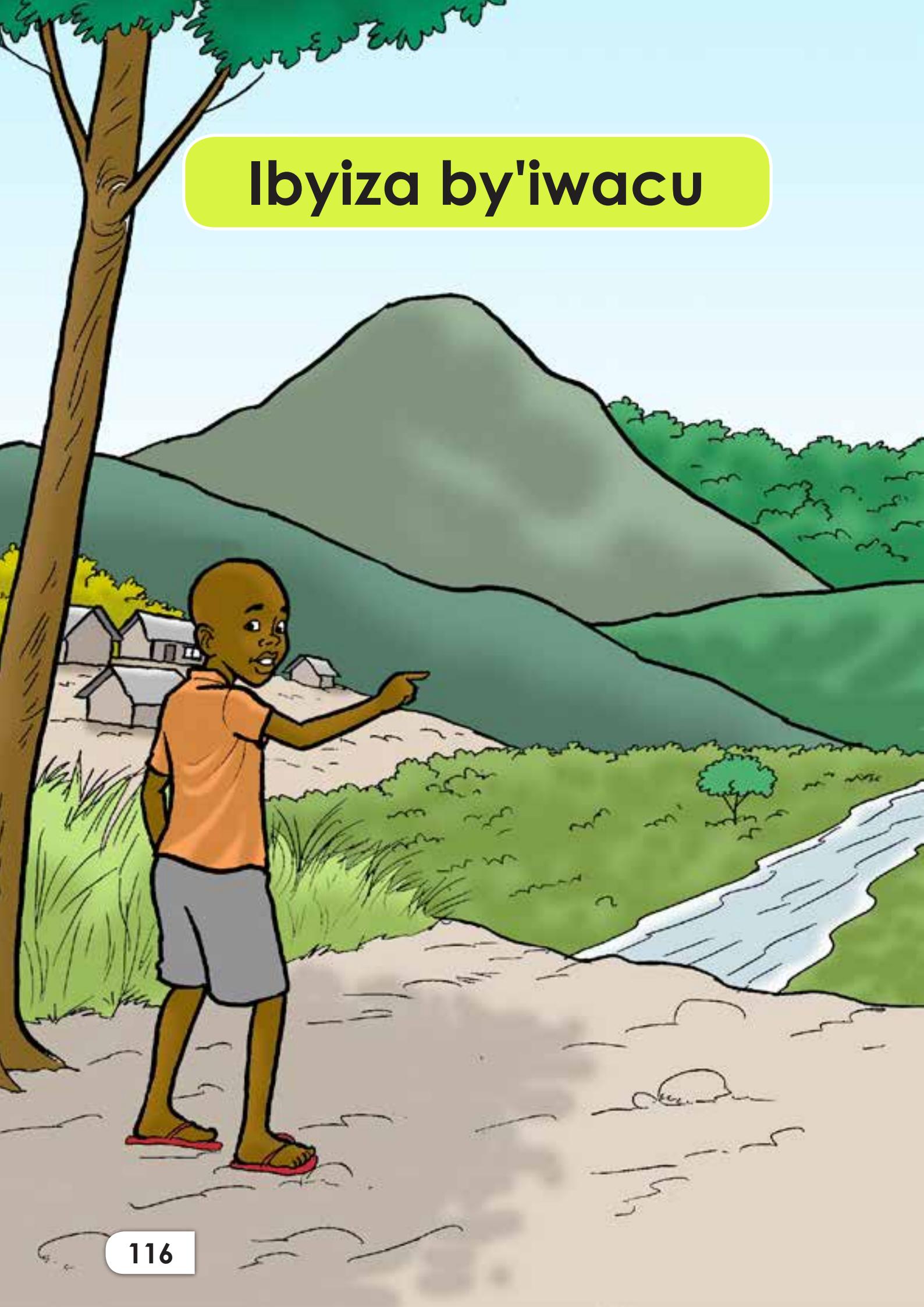


Dukurikizaho gusura umusozi muremure
wariho ishyamba ry'ibiti birebire. Mbega
ishyamba ryiza! Riratohagiye, risa neza ku
buryo twumva twakomeza kwitegerezza
ibiti bitemberamo utunyoni. Mu mashami
y'ibiti, havagamo akayaga keza. Muri iryo
shyamba harimo ibiti birebire, ibihuru, ibyatsi
bigufi n'ibirebire. Umwarimu adusobanurira
akamaro k'ibiti, atwereka bimwe mu byatsi
bivamo imiti, nuko adusaba gushushanya
ibyo twakunze kurusha ibindi.

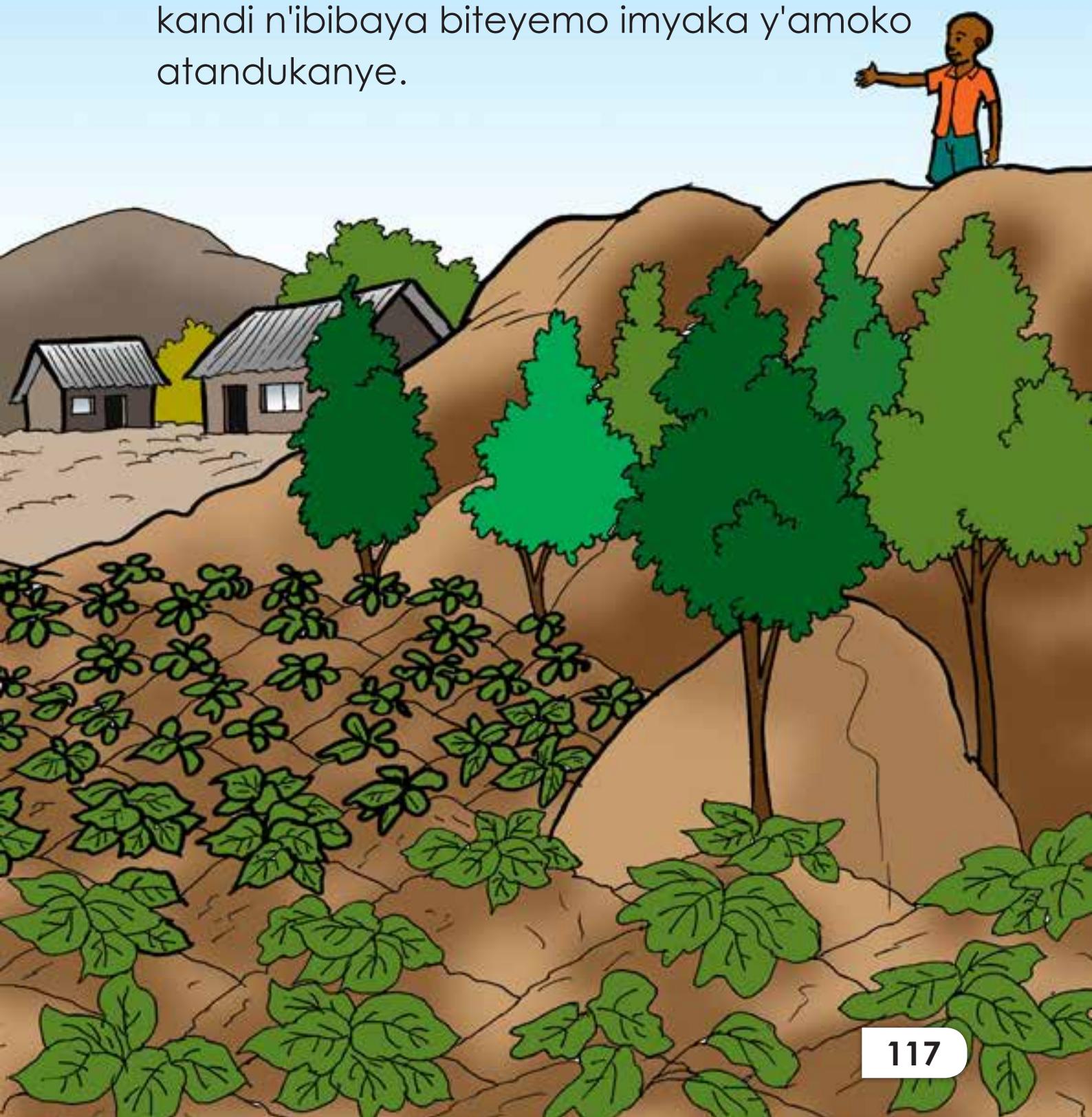
Sinzibagirwa urwo rugendoshuri kuko
narwigiyemo ibimera byinshi.

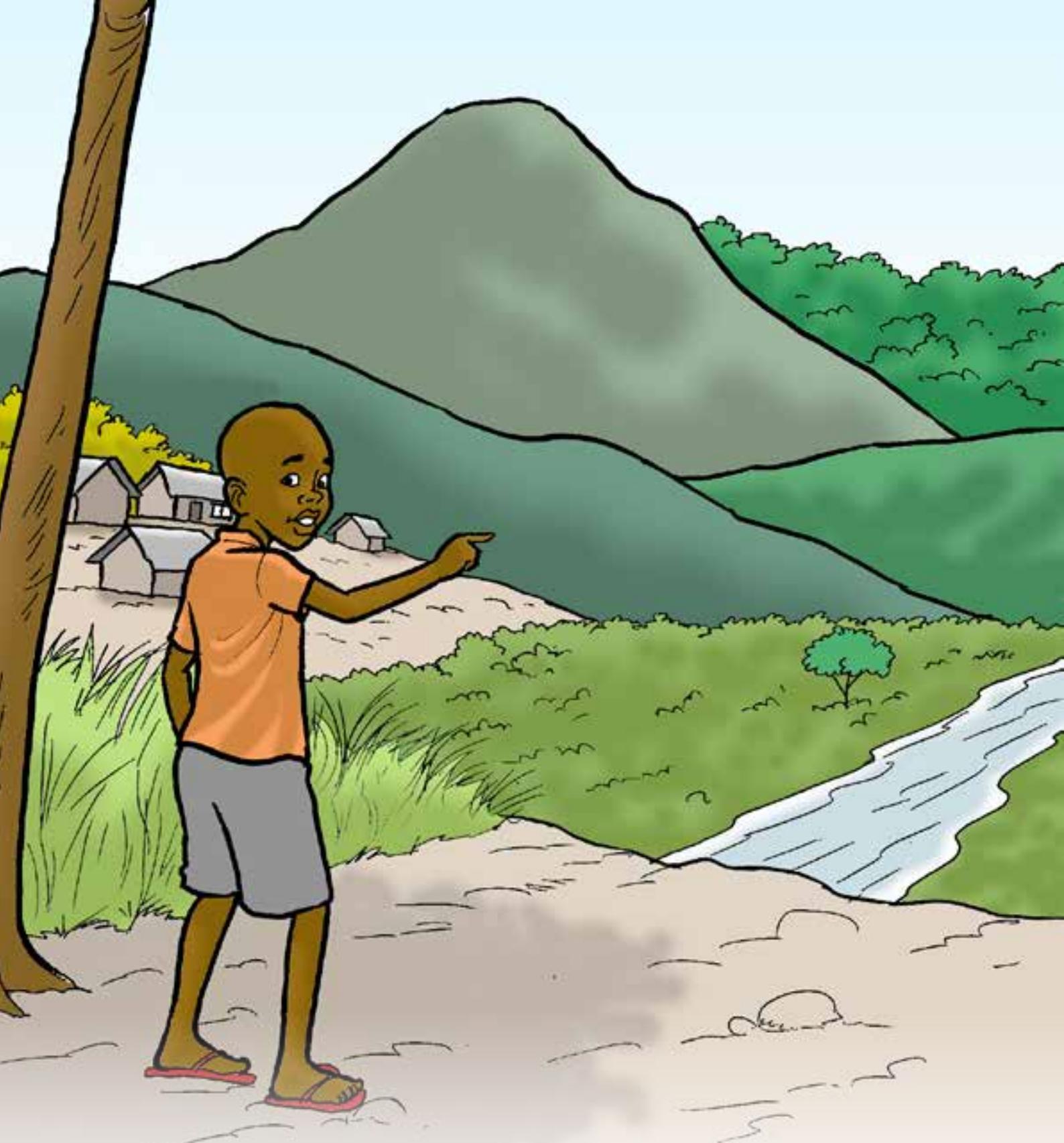


Ibyiza by'iwacu



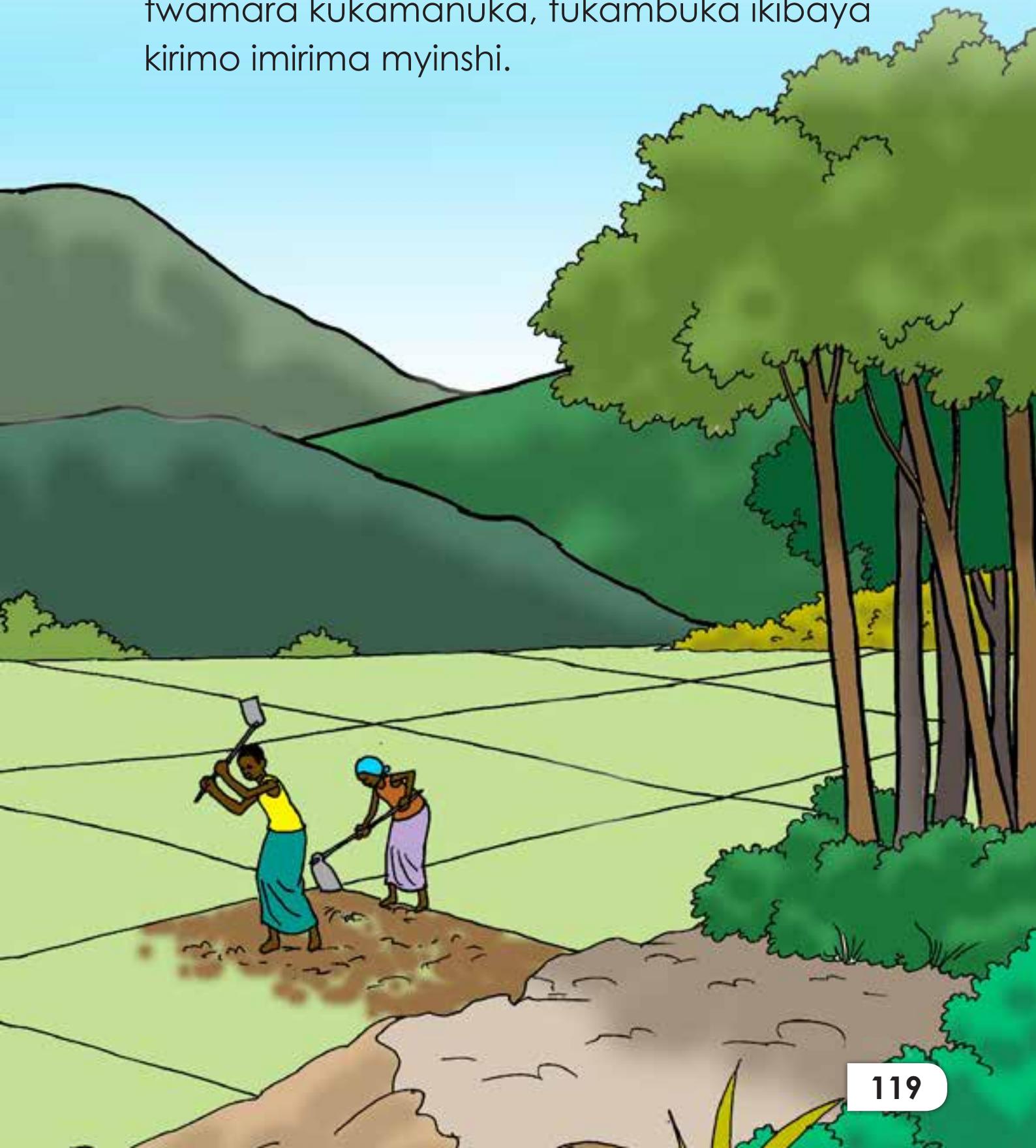
Nitwa Yakobo. Iwacu dutuye ku musozi utatse ibyiza byinshi. Iyo uri ku musozi iwacu, uba witegeye ahantu henshi cyane. Ushobora kubona imisozi miremire iriho amashyamba. Iyo uri mu majyaruguru y'uwo musozi, ubona ibiyaga. Ubona kandi n'ibibaya biteyemo imyaka y'amoko atandukanye.





Umusozi w'iwacu uteganye n'undi musozi
uriho amaterasi y' indinganire. Aho ni
ho ababyeyi bange bakunda guhinga
ibirayi. Iyo tujya gusarura ibirayi, tunyura mu
ishyamba rivamo umuyaga mwiza.

Iyo tuvuye ku musozi w'iwacu tujya kwa masenge Mariya, tunyura mu kabande aho abahinzi bahinga ibijumba mu mayogi. Iyo tuvuye mu kabande, duterera akandi gasozi, twamara kukamanuka, tukambuka ikibaya kirimo imirima myinshi.





Hafi yo kwa masenge hari undi musozi ucukurwamo amabuye y'agaciro. Uwo musozi kandi uraho ibiti birebire bikurura imvura n'umwuka mwiza duhumeka. Iwacu ni heza cyane! Muzaze mwihere amaso ibyiza by'iwacu.

Amazi ni isoko y'ubuzima

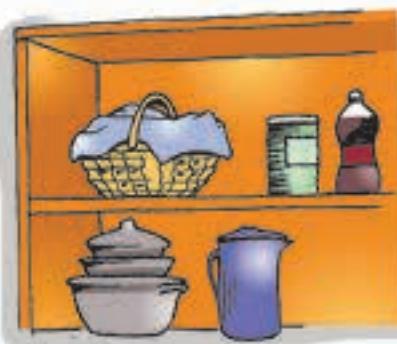
Uko ibiribwa bisukurwa



1.kubironga



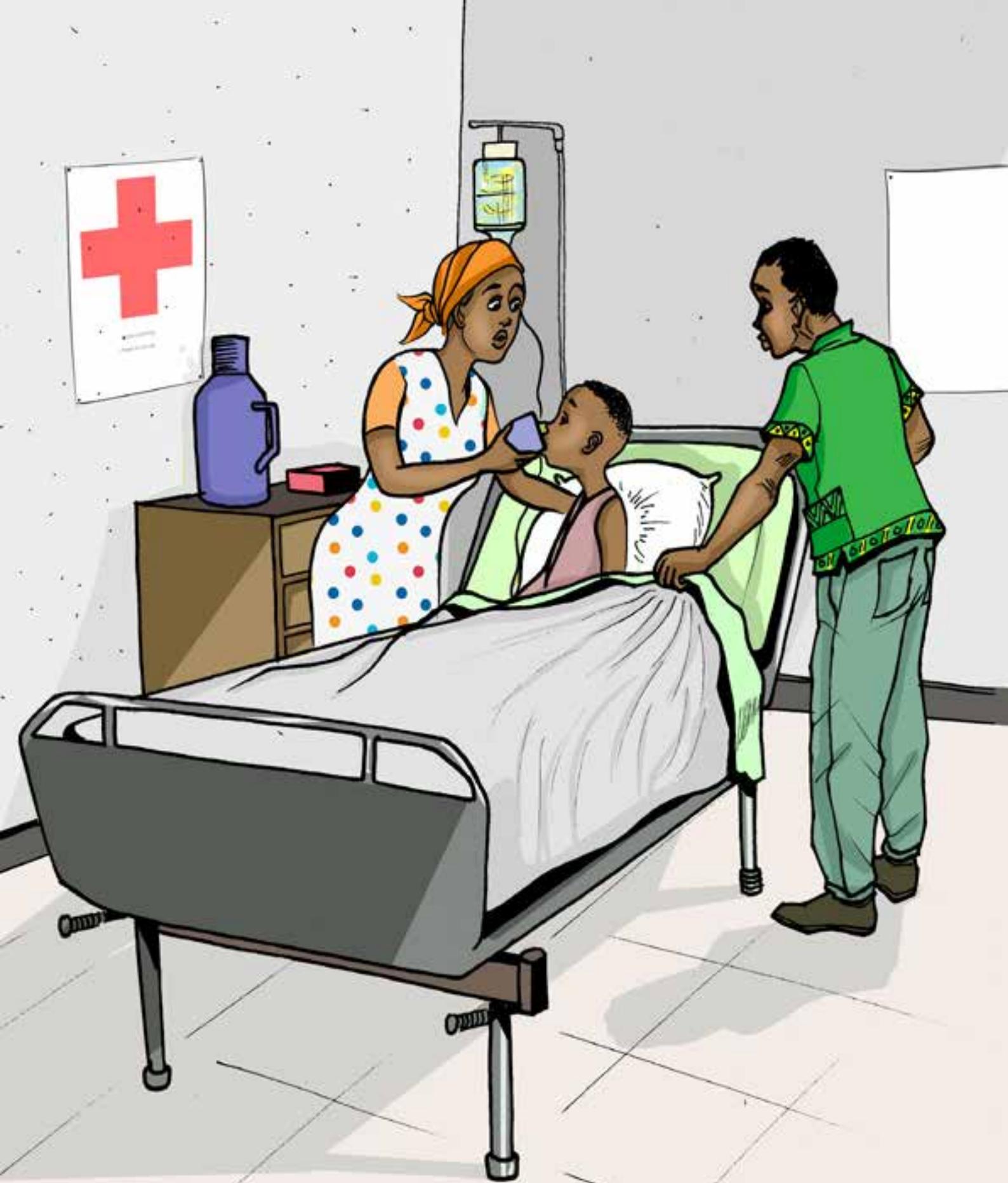
2.kubishyira mu kintu gisa neza



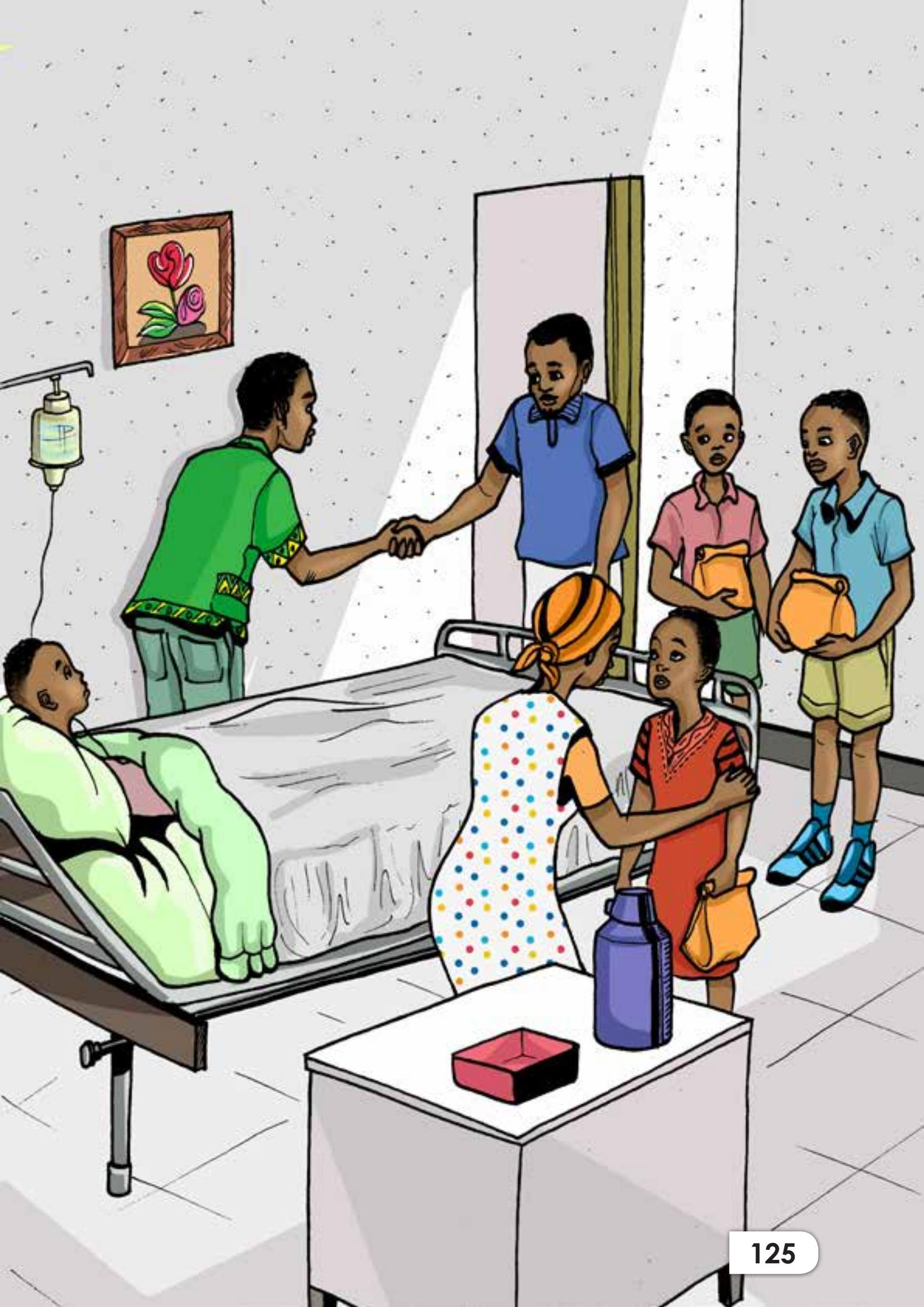
3.Kubishyira mu kabati

Timote na Korodeta ni ababyeyi ba Tuyirate.
Mu minsi ishize, Tuyirate yari mu bitaro bikuru.
Yari yayarwaye bitoroshye kubera isuku nke.

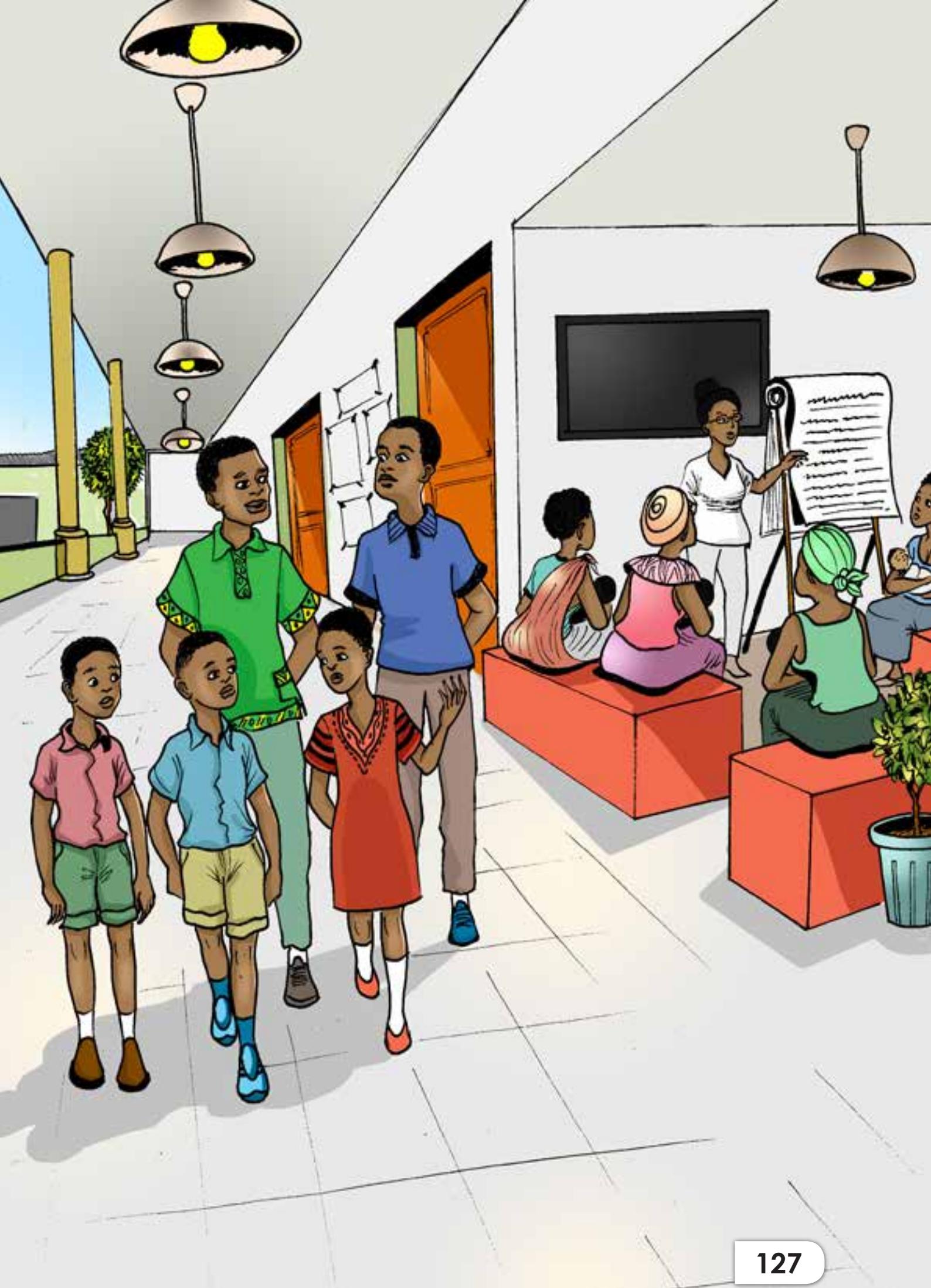
Mwarimu wacu amaze kumenya ko ari mu
bitaro, atubwira ko tuzajya kumusura nuko
duhitamo abazaduhagararira.Tugeze mu
rugo tubibwira ababyeyi baduha uruhushya
ndetse badutegurira n'icyo kugemura.



Ku munsi wa gatatu ari mu bitaro ni bwo twajyanye na mwarimu kumusura. Tugerayo saa tanu, tuganira dukurikira n'umupira w'amaguru kuri terefoni ya se. Nuko tumuha ibyo twamuzaniye. Ge nari namuzaniye amata n'umugati, Tadeyo yamuzaniye umutobe, Tereza we yari yamuzaniye amateke n'agacupa k'amazi atetse. Tuyirate ahita agotomera ayo mazi yose arayamara.



Igihe cyo gutaha kiragera. Nuko dusezera Tuyirate tumwifuriza kurwara ubukira, se araduherekeza. Tugisohoka, dukubitana n'umuforamokazi warimo aganiriza ababyeyi bari baje gukingiza abana. Nuko mwarimu atwemerera guhagarara gato ngo twumve ibyo yababwiraga. Yateruye asuhuza abantu bose abifuriza kugira ubuzima bwiza bakoresha amazi meza, ati: "Itoto ry'abana banyu bazarikura mu buzima bwiza muzabaha kuko kubaho neza atari tombora." Ako kanya dusaba umwarimu wacu kwegera ababyeyi kugira ngo natwe dukurikire ibyo umuforamokazi yigisha ku mazi meza.





Tumaze kwicara, umuforomokazi akomeza ikiganiro avuga akamaro amazi adufitiye. Nuko adusaba twese abari aho kumubwira icyo amazi atumariye. Tuvuga ko amazi tuyanywa, tukayameshesha, tukayakaraba, tukayatekesha, tukayasukuza ibikoresho turiraho n'ibyo dutekamo.

Atwibutsa ko iyo amazi avuye mu ivomero mbere yo kuyanywa abanza agatekwa akabira. Aterekwa mu kintu gisukuye, maze yamara guhora akabikwa mu kajerikani kogeje kandi gapfundikiye.





Abasaba kujya bakarabya abana babo buri munsi bakoresheje amazi meza n'isabune no kubahindurira imyambaro kugira ngo umubiri wabo umererwe neza.

Ibiribwa yabitinzeho cyane. Avuga ko gutegura ibiribwa no kubiteka bifashisha amazi meza ibi bikarinda indwara ziterwa n'isuku nke nk'impiswi, inzoka n'izindi.

Uko ibiribwa bisukurwa



1.kubironga



2.kubishyira mu
kintu gisa neza



3.Kubishyira
mu kabati

Ikindi abari mu nyigisho bavuze ko batitaho ni isuku y'intoki. Umujanama yavuze ko abana bensi bagira ibibazo byo gufatwa n'indwara ziterwa n'umwanda. Ati :" Ni ngombwa gukaraba intoki igihe cyose mbere yo kurya na nyuma yo gusohoka mu bwiherero ukoreshje amazi meza n'isabune. Umujanama arangiza abasaba kubahiriza inama bahawe no kubyigisha abandi. Kuva ubwo se wa Tuyirate afata ikemezo cyo gufoza isuku umuryango we wose.

Uburyo bwo gukaraba intoki



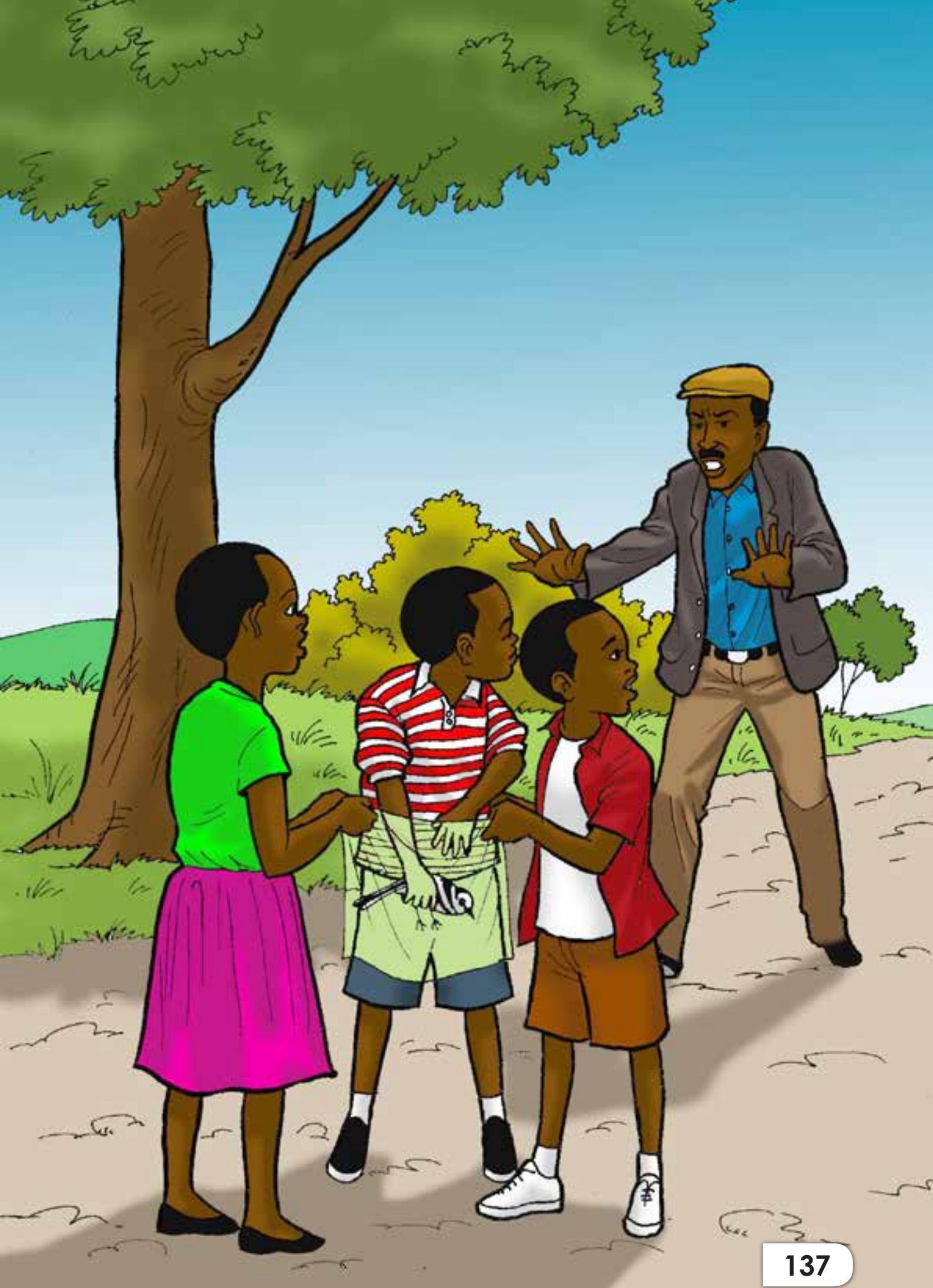
Akamaro k'umwuka



Inyamanza yarihoreye ijya gutembera.
Itembera mu misozi, itembera mu
mashyamba, itembera no mu bibaya.
Izenguruka inshuro nyinshi, yikoza hino
yikoza hirya. Abana batatu Zita, Zahara na
Zigama bakiniraga mu kibuga, barayibona.
Barayitegereza babona ni akanyoni keza,
maze bashaka kugafata ngo bagatahane.



Uko inyamanza yagrukaga mu kirere, ni ko Zita, Zahara na Zigama bayrukaga inyuma bayireba. Yajya iburyo, bakajya iburyo, yajya ibumoso, bakajya ibumoso. Izuba rimaze kuba ryinshi, inyamanza iraruha, maze irahanuka yitura hasi. Zita, Zahara na Zigama barayifata bayifungirana mu gafuka. Inyamanza igerageza gusohokamo birayinanira. Irajwigira, igeza aho isa n'ibuze umwuka, itangira gusamba. Ako kanya hahinguka umusaza Zakariya yegera Zita, Zahara na Zigama ababaza ibyo barimo. Bose bararebana, bagira ikimwaro, bubika umutwe.



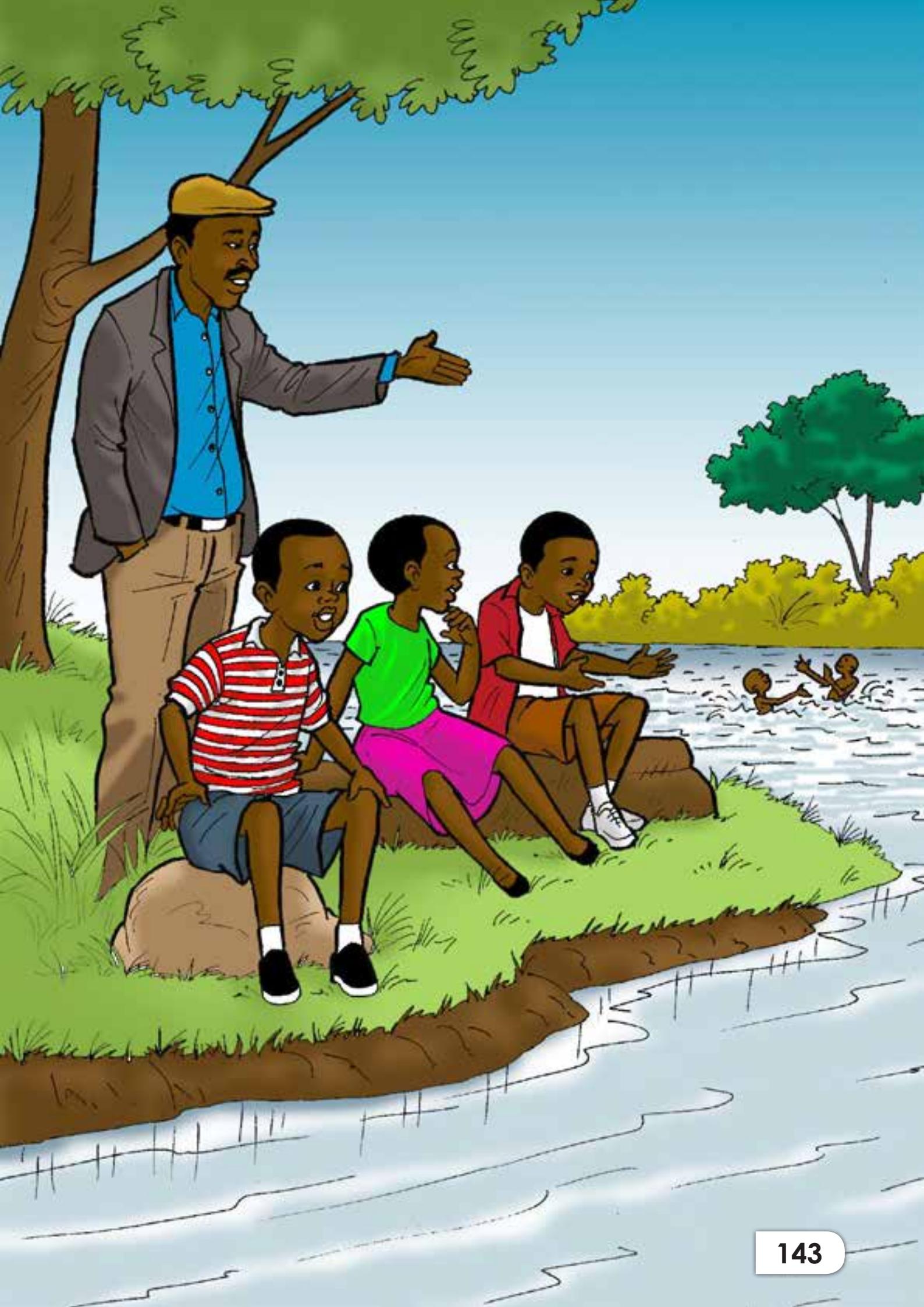
Umusaza Zakariya afata ka gafuka,
agapfundura vubavuba, asangamo
inyamanza yenda gupfa kubera kubura
umwuka. Ayikura mu gafuka, atangira
kuyihungiza. Inyamanza irahembuka maze
itangira kunyeganyeza amababa. Zita,
Zahara na Zigama babibonye baratangara
cyane batí: " Yooo! Uzi ko twari twishe
akanyamanza!"



Zakariya afata ya nyamanza, ajyana
Zita, Zahara na Zigama hirya gato, ahari
agashyamba kavagamo umwuka mwiza.
Nuko bahageze, Zita, Zahara na Zigama
barishima cyane baravuga bati: "Mbega
ahantu hari umwuka mwiza!" Zakariya
arekura ya nyamanza iguruka igana
mu mashami y'ibiti. Zahara na Zigama
batangazwa no kubona yongera kuguruka
nka mbere.



Zita, Zahara na Zigama babaza Zakariya bati:
"Ni uwuhe muti uhaye iriya nyamanza ngo
yongere kuguruka?" Nuko umusaza Zakariya
arabasobanurira ati: "Ibinyabuzima byose
bikenera umwuka mwiza wo guhumeka.
Namwe uwabafungirana mu mufuka,
mwabura umwuka. "Nuko arababwira ati:
"Nimwitegerezze ibi bimera byose, ni byo
bitanga umwuka mwiza duhumeka."



Tugane ishuri





Uko tumeze uko turi kose, aho turi hose mu mpande zose z'isi, abana twese dufite uburenganzira bwo kwiga. Haba mu migi no mu byaro, haba mu misozi miremire n'imigufi, mu bibaya no mu mataba, aho ari ho hose muri iyi si ngari, uburenganzira bwacu abana bugomba guhabwa agaciro.

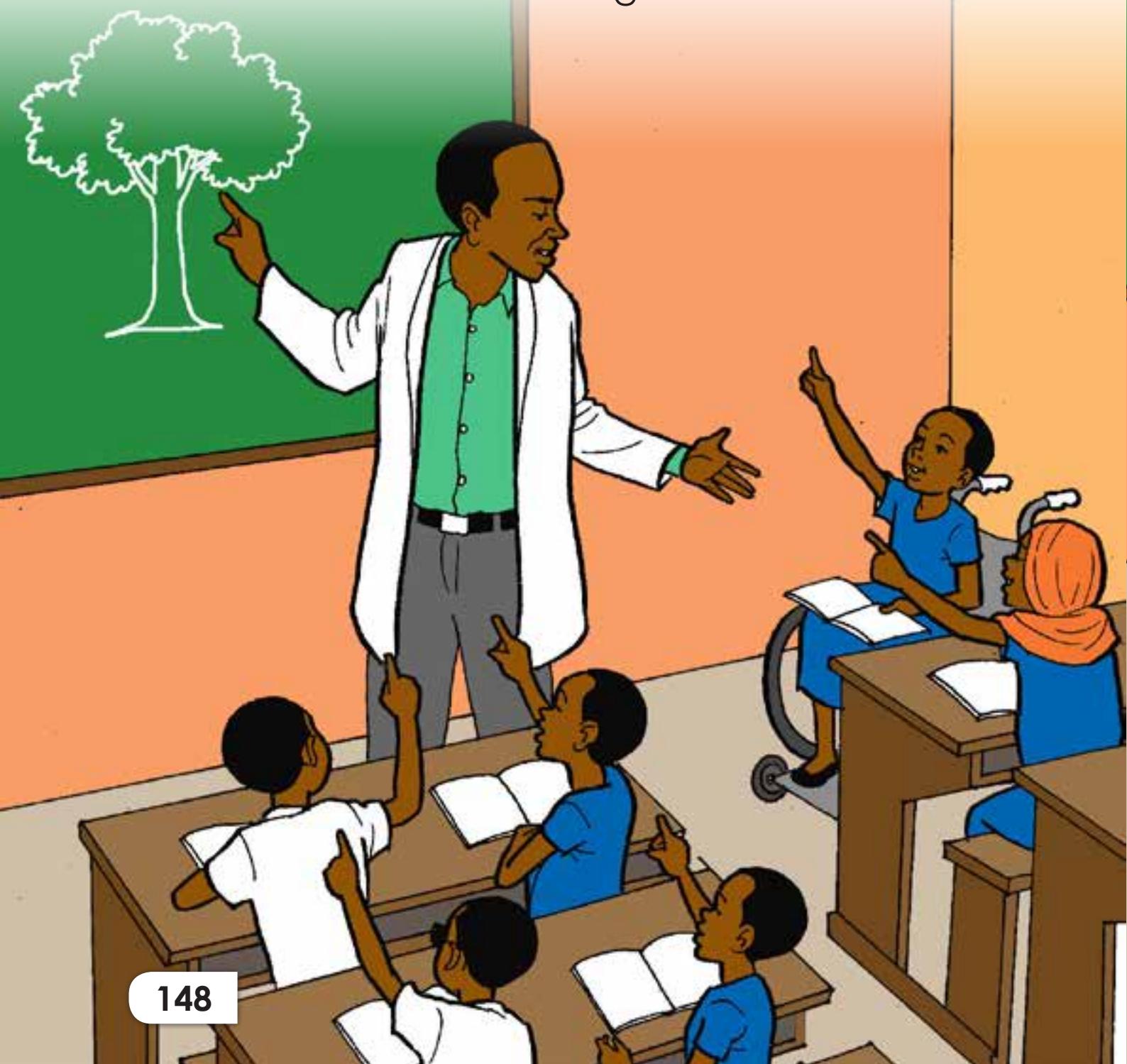
Twaba dufite ubumuga cyangwa tutabufite, imyemerere yacu iyo ari yo yose, buri mwana wese afite uburenganzira bwo gutangizwa ishuri. Hoho, Zahara, Bahor, Hogoza, Hasani, Mahoro, Gihozo, Helena, Muhire,... twese dufite uburenganzira bwo kwiga no kwigishwa.





Babyeyi, nimutujyane ku ishuri twese.
Nimutureke twige gusoma, kwandika,
kubara, no kubana na bagenzi bacu mu
mahoro. Nimudufashe kugira ubushoboz
bwo kwikemurira ibibazo duhura na byo mu
buzima bwa buri munsi. Twiga gushushanya,
twiga udukino, uturirimbo ndetse n'utuvugo
dushimishije.

Nimutureke tujye kwiga. Ku ishuri badutoza isuku, ikinyabupfura n'imico myiza. Ishuri ni iriba ry'ubumenyi n'ubushoboz. Mu isomo ry'ibidukikije twiga ibimera bakanatwigisha guhumbika indabo mu bihoho. Kwiga ni byiza, kwiga ni itegeko, kwiga ni uburenganzira bwacu, tubuharanire iteka, dushishikariza n'abandi kugana ishuri.



Nimuduhe imyambaro y'ishuri, maze dususuruke duhorane umucyo. Nimuduhe amakayi n'amakaramu atandukanye, maze twandike ibyo dutekereza. Iyo dusoma inkuru turanezerwa. Nimudushakire ibitabo byo gusoma, maze duhore twiyungura ubwenge.



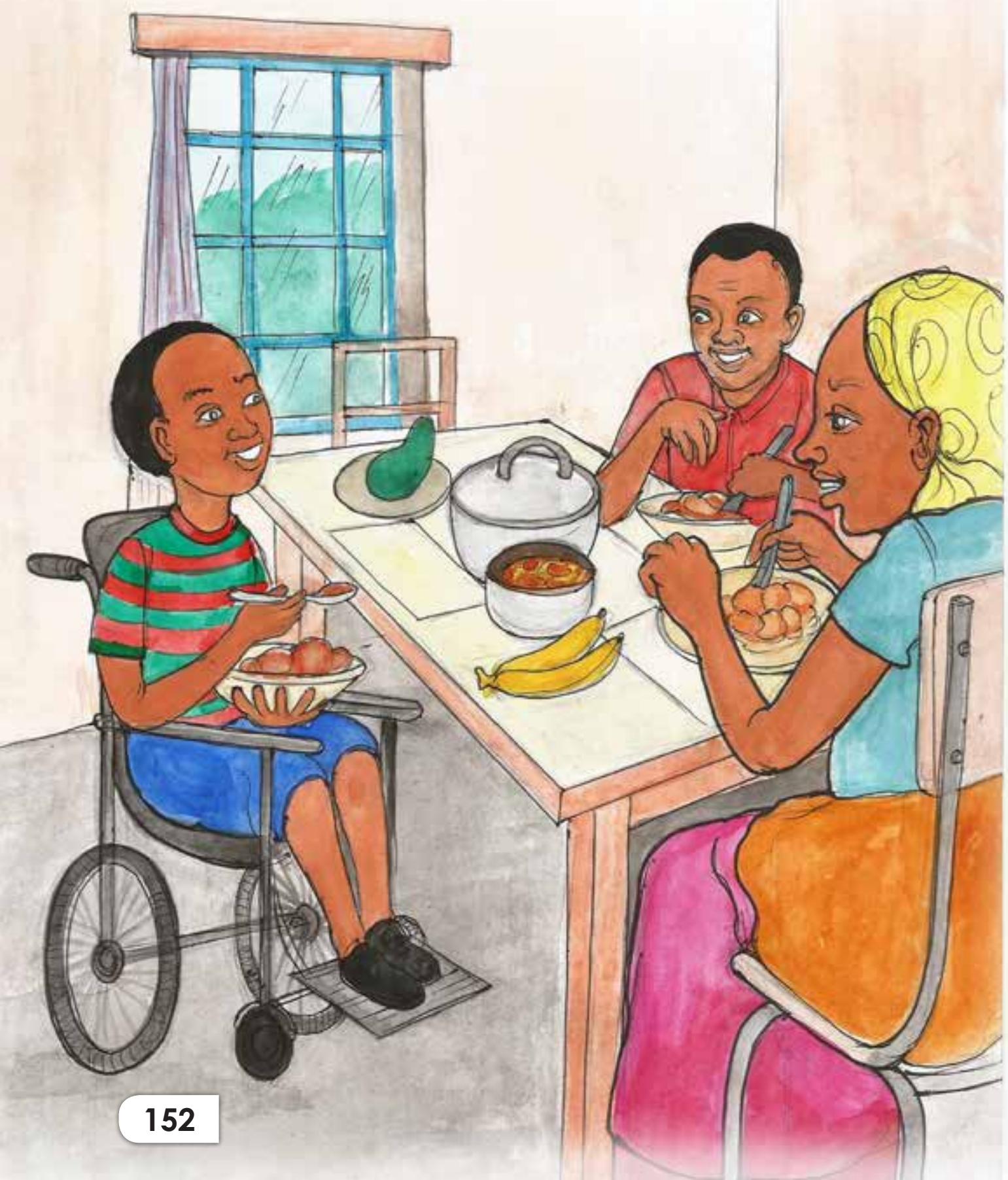


Twaba dufite ubumuga, bwaba ubw'ingingo
z'umubiri cyangwa ubwo mu mutwe,
nimutwiteho bidasanzwe, muduhe urukundo
kugira ngo tubeho twishimye. Nimudushyire
mu mashuri twigane n'abandi, dukine na bo
kuko natwe turabishoboye.



Abana twese, tugane ishuri, ubwenge
burarahurwa.

Babyeyi mutwiteho



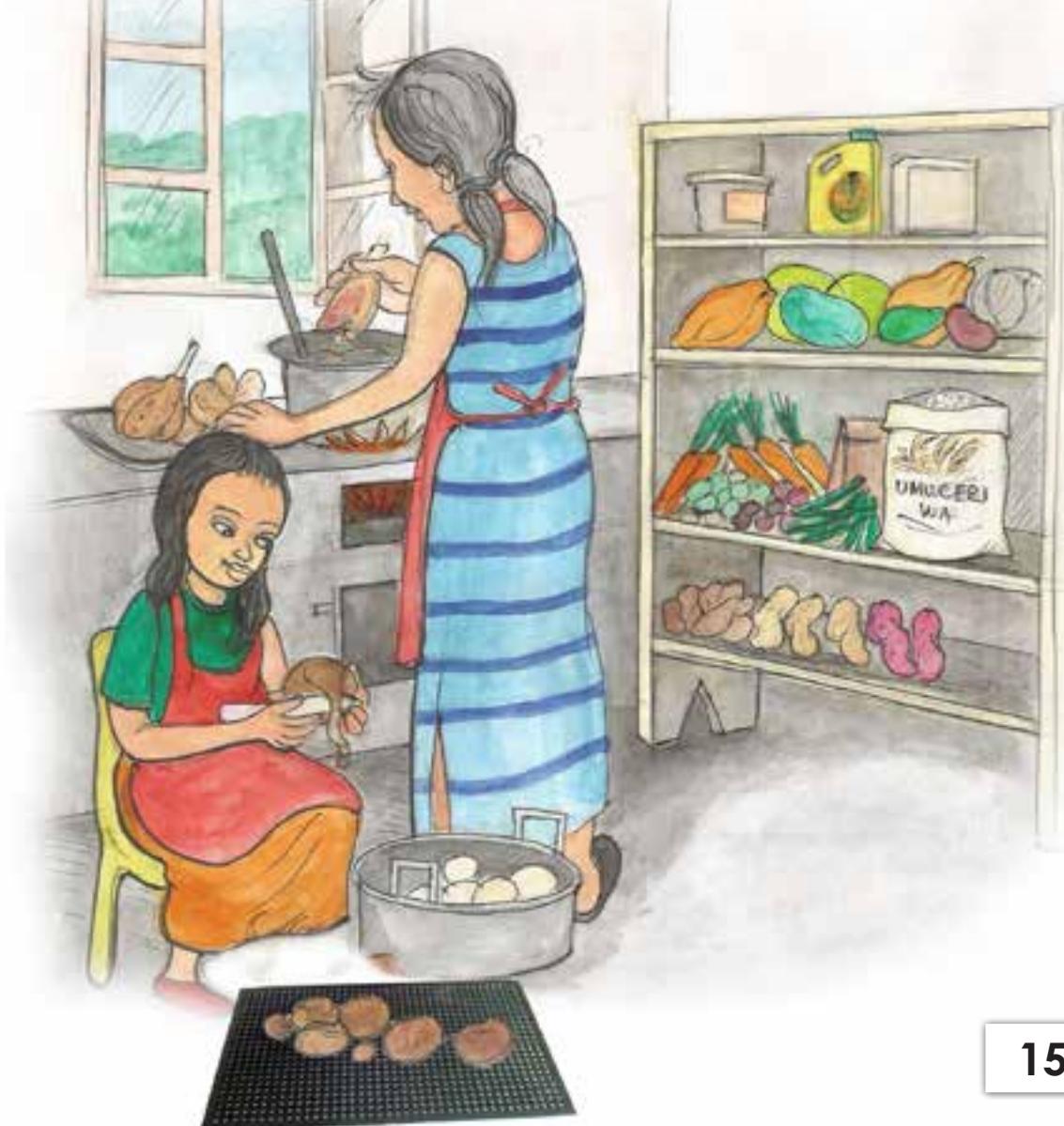


Uko tumeze uko ari ko kose, aho turi hose mu mpande zose z'isi, dufite uburenganzira bungana. Haba mu migi no mu byaro, mu misozi miremire n'imigufi, muri iyi si ngari, uburenganzira bwacu, abana, bwitabweho by'umwihariko.

Samusoni, Suzana, Sugira, Solina, Saveri,
Sehene ..., buri mwana wese afite
uburenganzira bwo kugaburirwa no kuvuzwa.

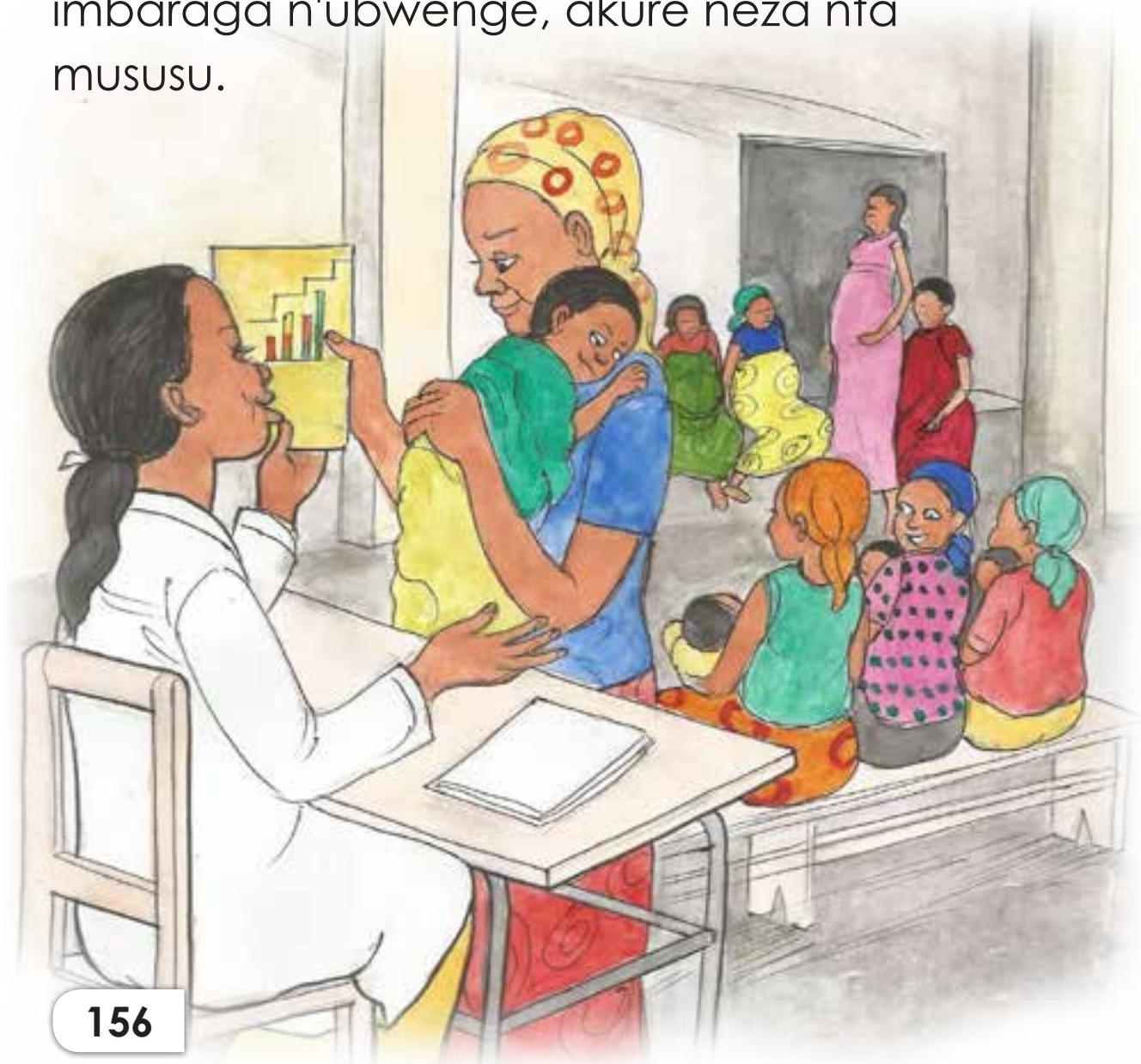


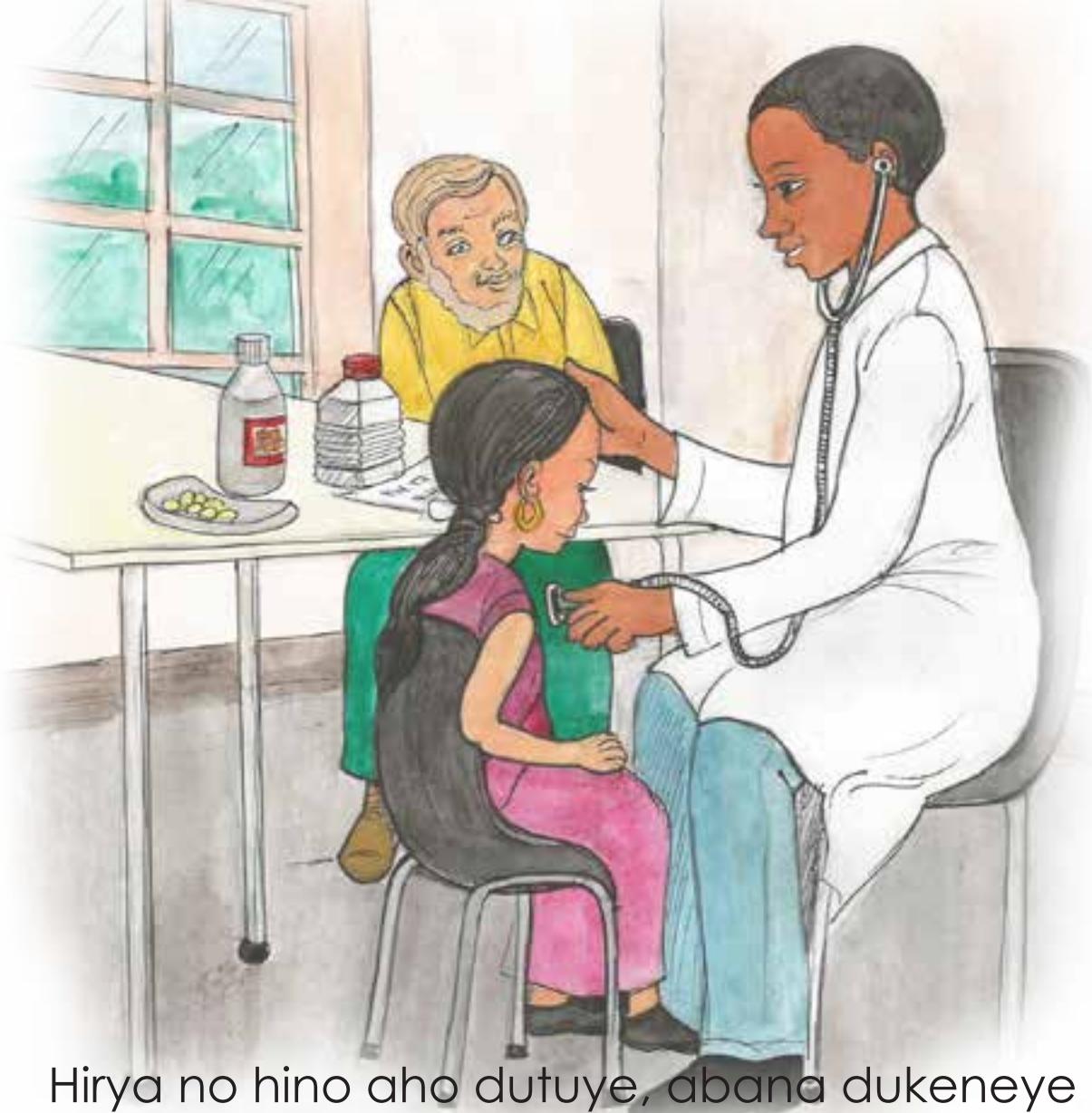
Babyeyi, nimutwiteho. Dukeneye kurya neza kugira ngo dukure. Umubiri wacu, ukeneye ibiryo birimo ibyubaka umubiri, ibitera imbaraga n' ibirinda indwara. Dukeneye imboga z'amoko yose, nk'ibisusa, isombe, isogi n'izindi. Dukeneye igikoma cy'amasaka, amata ya soya n'ay'inka, imitobe y'imbuto n'amazi meza. Dukeneye ibinyamafulu, ibinyabijumba n'ibitera imbaraga. Muturinde ibisindisha n'ibindi biyobyabwenge. Dukeneye gukura neza, haba mu gihagararo, mu bwenge no mu mico myiza.



Babyeyi bacu namwe barezi bacu beza,
nimuturindire ubuzima, mubusigasire,
muburinde indwara aho ziva zikagera.
Turi abana batoya, twugarijwe n'ibibi
byinshi. Nimudukingize, ejo tutarwara
indwara za hato na hato, kandi abahanga
barateganyije uburyo bwo kuturinda.

Nimurinde n'abataravuka, mwita ku babyeyi
batwite, kugira ngo umwana wese avuke
afite ubuzima buzira umuze. Avukane
imbaraga n'ubwenge, akure neza nta
mususu.

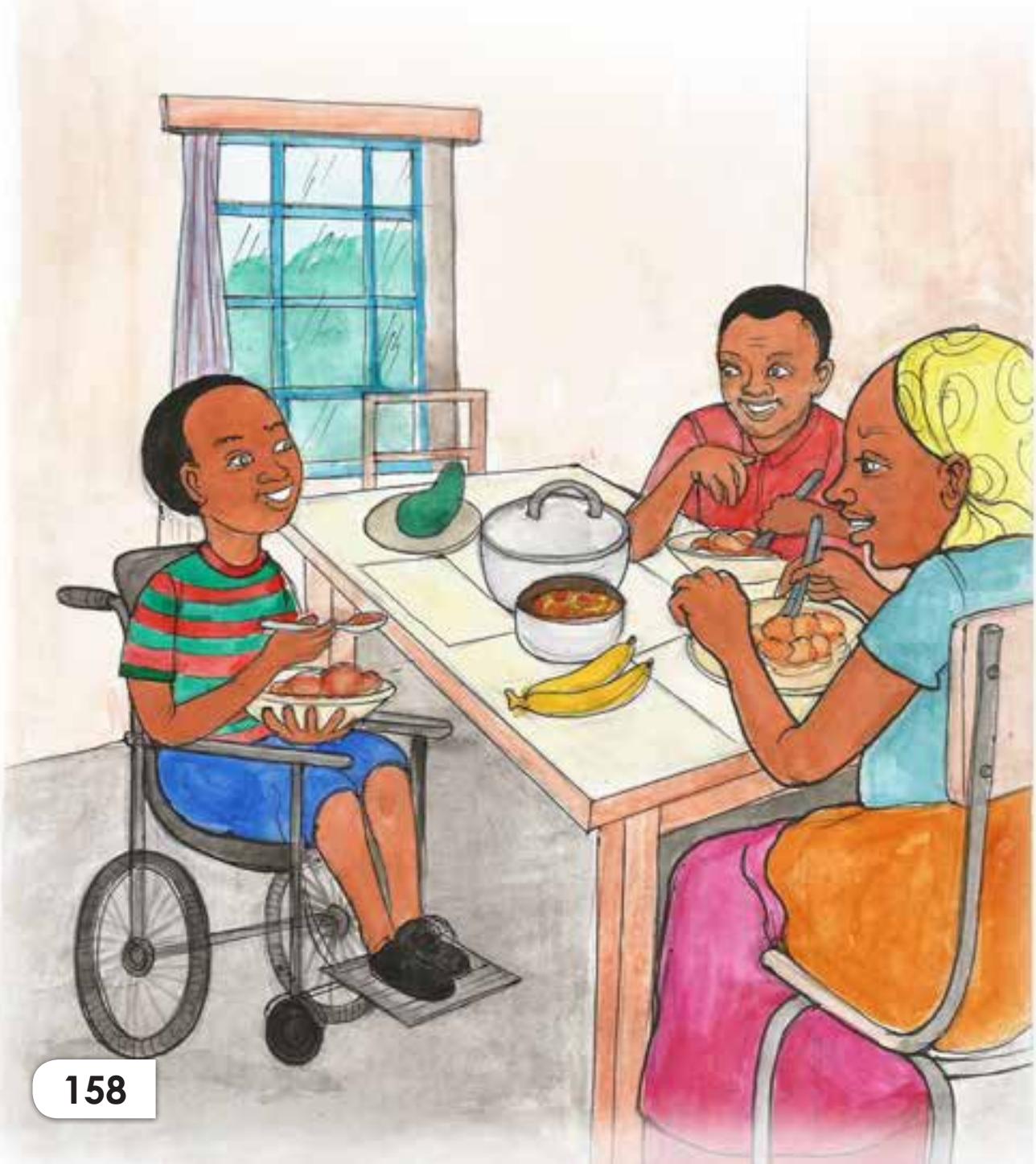


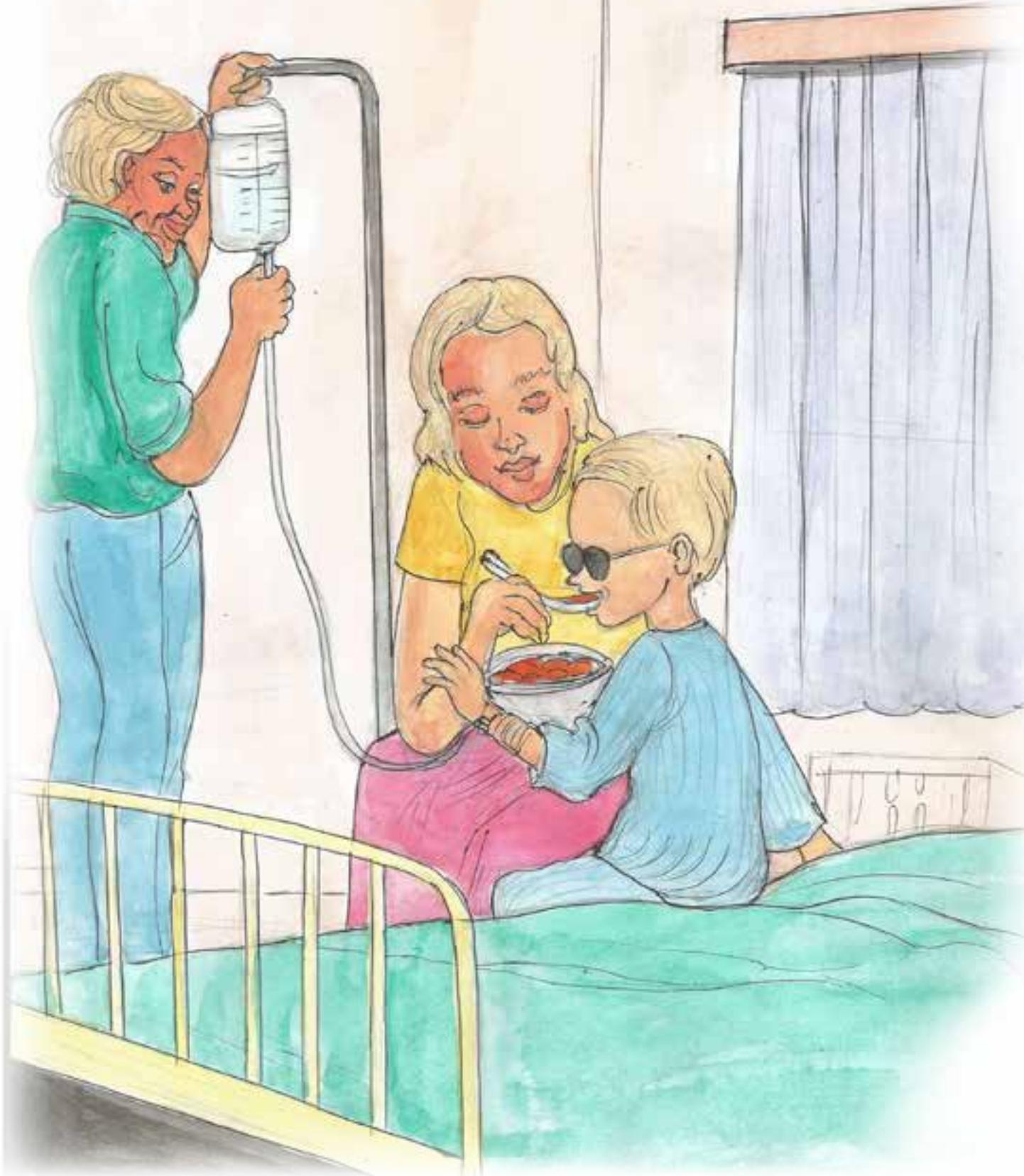


Hirya no hino aho dutuye, abana dukeneye kurindwa indwara n'ibiza bya hato na hato. Nimwitabire kutuvuza vuba igihe cyose twagaragaje ibimenyetso byo kurwara. Tuvuzwe tutararemba kuko dukeneye kubaho. Indwara zirica, indwara zituma tuzingama, indwara zituma tudakura neza, nimudufashe kuzirinda.

Kwivuza birahenda, ubuzima bukarusha. Babyeyi, nimwitabire gutanga umusanzu w'ubwisungane mu kwivuza, hato tutazarembra iwacu mu ngo bitari bikwiye.

Niba kandi dufite ubumuga, bwaba
ubw'ingingo z'umubiri cyangwa ubwo mu
mutwe, nimutwiteho bidasanzwe, muduhe
urukundo kugira ngo tube ho twishimye.
Muduhe indyo yuzuye, muturinde indwara,
mutuvuze twarwaye, bityo ubuzima
burusheho kuturyohera.





Abana twese, tugaburirwe, turindwe indwara
izo ari zo zose, kuko nta cyaruta ubuzima.

Twidagadure



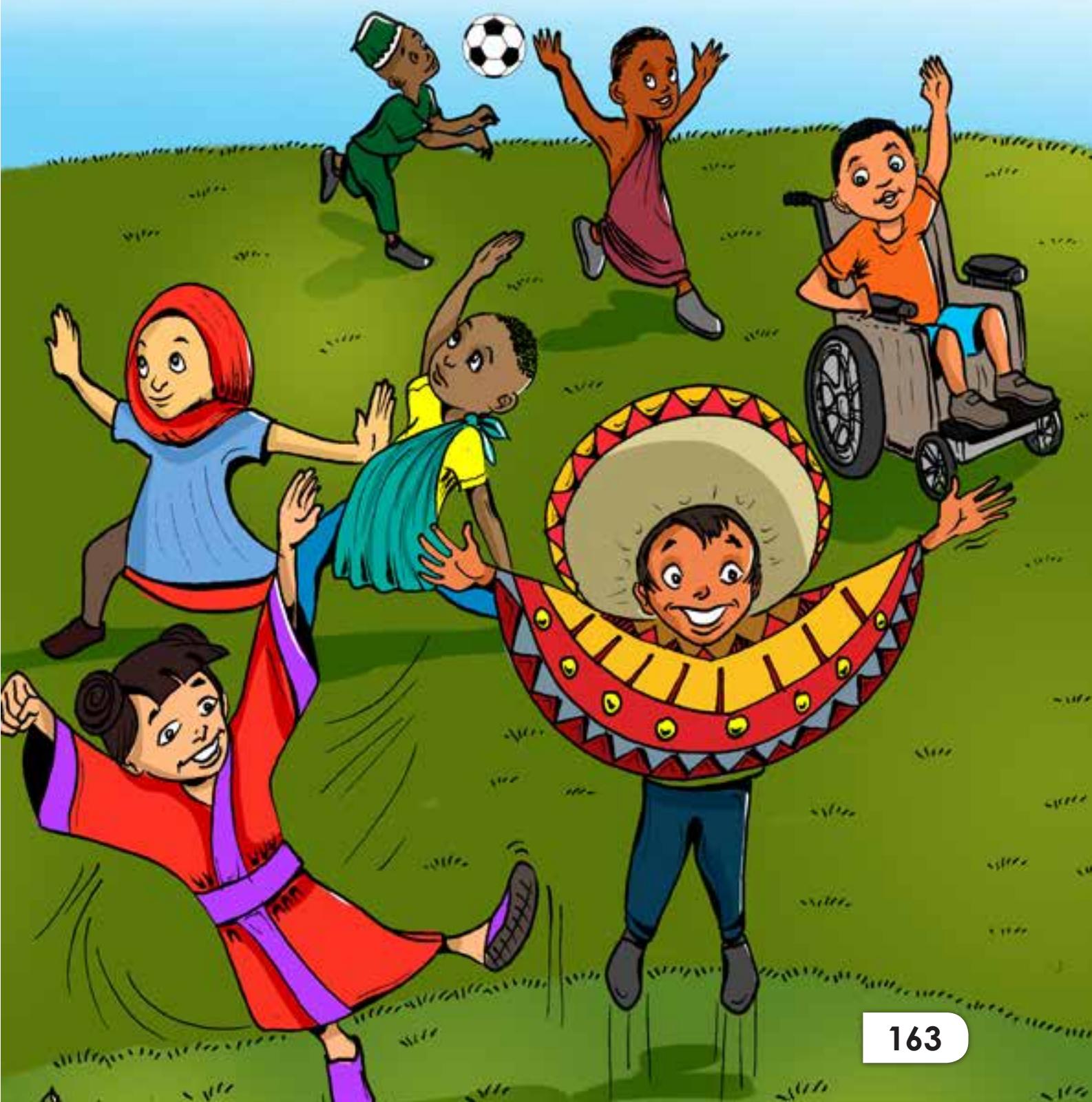


Abo turi bo bose, aho turi hose, mu mpande zose z'isi, uburenganzira ni ubw'abana twese. Haba munsi y'izuba, munsi y'ukwezi n'inyenyeri, mu migi, mu byaro, mu misozi miremire, mu bibaya, mu butayu, no mu mashyamba, aho ari ho hose, muri iyi si ngari, hahore haganza uburenganzira bwacu , abana.



Vareliya, Vumiliya, Valentina, Valensi,
Visensiya, Vesitina, Silivani, Verena,
KAVATIRI,... buri mwana wese afite
uburenganzira bwo gukina no kwidagadura.

Babyeyi, umubiri wacu ukeneye gukura neza.
Dukeneye gukina, ingingo z'umubiri wacu
tukazirinda amavunane. Iyo dukina imikino
inyuranye nko gusimbuka, guhina amavi,
kuvuduka, kurambura amaboko ingingo
zazu zirakomera maze tugakura neza.



Ku ishuri ryacu twiga ibintu bitandukanye.
Twiga gusoma, kwandika no kubara. Twiga
n'amoko anyuranye y'ibiti n'akamaro kabyo.

Tuzi ko igit i cy'avoka kiduha avoka zo kurya,
tuzi ko umuvumu uvamo umuvure n'isekuru,
tuzi kandi ko gereveriya ivamo imbaho. Iyo
twiga, tugenda tubivanga n'udukino maze
tukabikunda cyane.

Ku ishuri kandi tugira igihe cyo gukina
no kwidagadura. No mu rugo nimuduhe
umwanya twidagadure. Dukine imikino
dukunda, turirimbe, tubyine maze tubebo
tunerezewe.



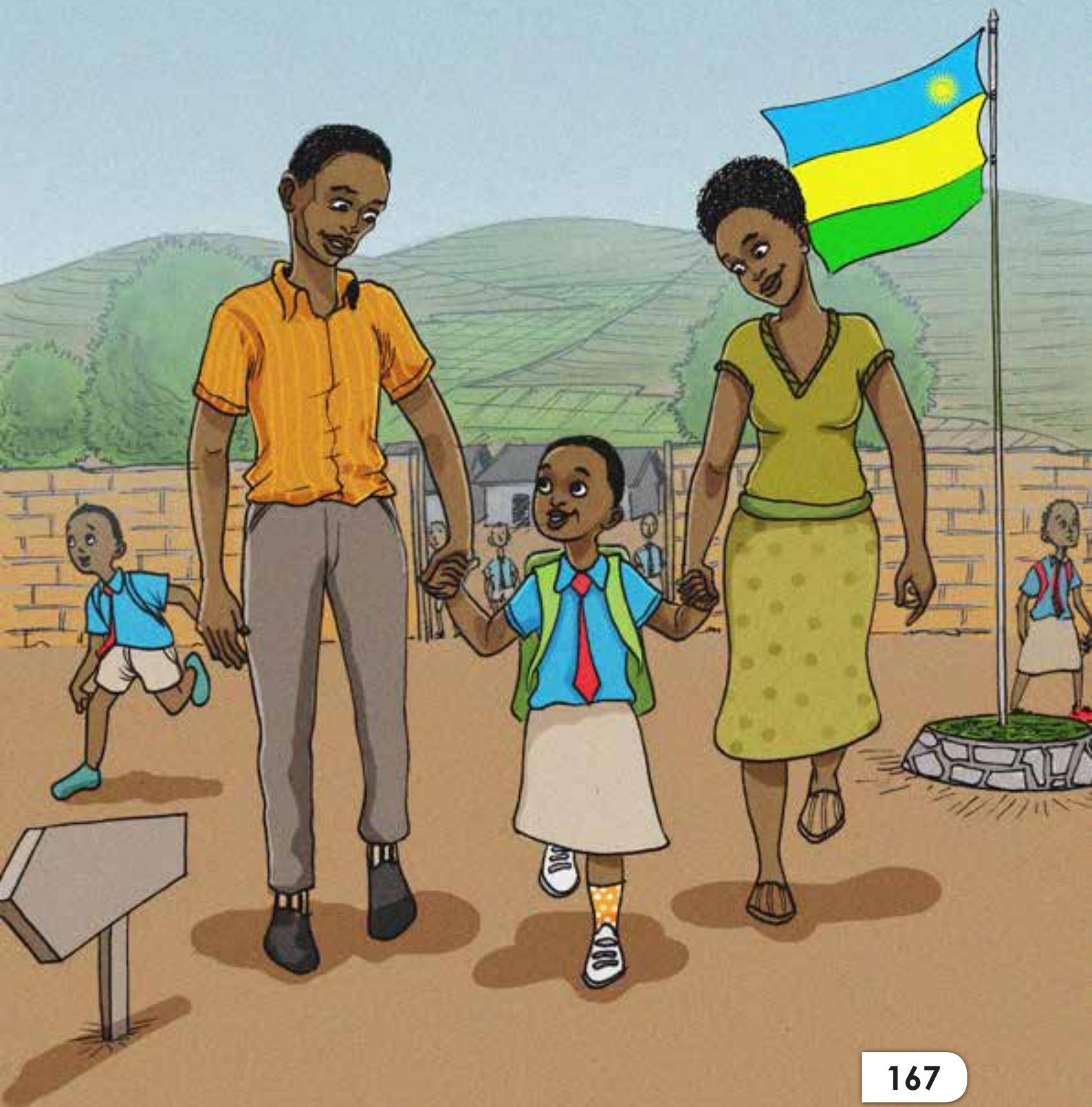


Babyeyi, nimudutembereze mutwereke
ibyiza bidukikije n'ibibi tugomba kwirinda
kuko na byo turabikeneye. Nimutureke twese
twidagadure ni uburenganzira bwacu.

Abana twese, dukeneye gukina no
kwidagadura.



Wibabara n'akanyoni



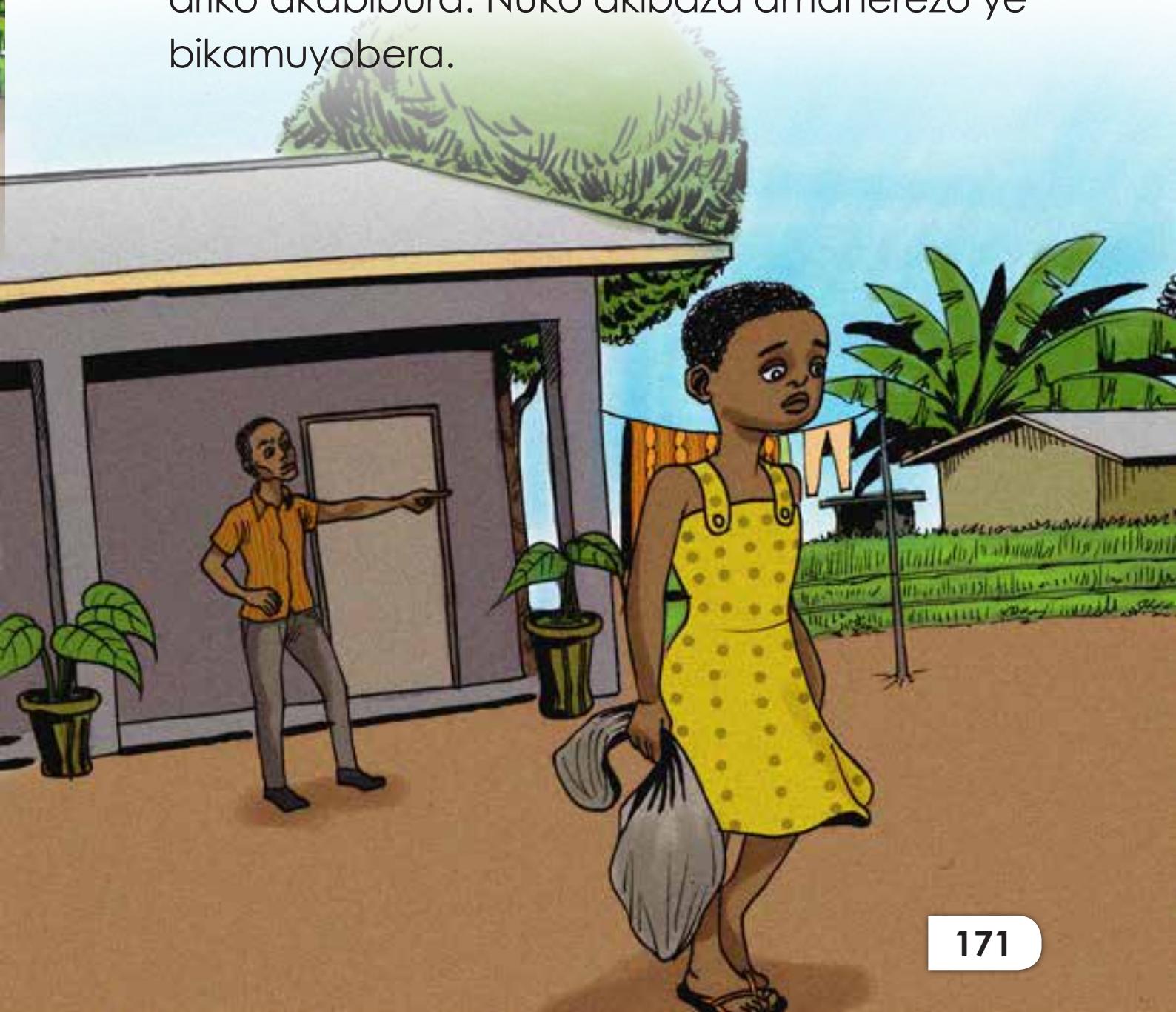
Kera habayeho umwana witwaga Wibabara.
Yari afite ababyeyi akagira na murumuna
we witwa Kawera. Agize imyaka yo kujya ku
ishuri, se na nyina ntibamutangiza. Bifuzaga
ko azajya abafasha imirimo yo mu rugo.
Se yaravugaga ati: "Wibabara azajya ajya
gusarura ikawa, dore nta wundi wadufasha."
Nyina na we ati: " Ahubwo azajya arera
murumuna we Kawera kugira ngo mbashe
gukora imirimo yo mu rugo."



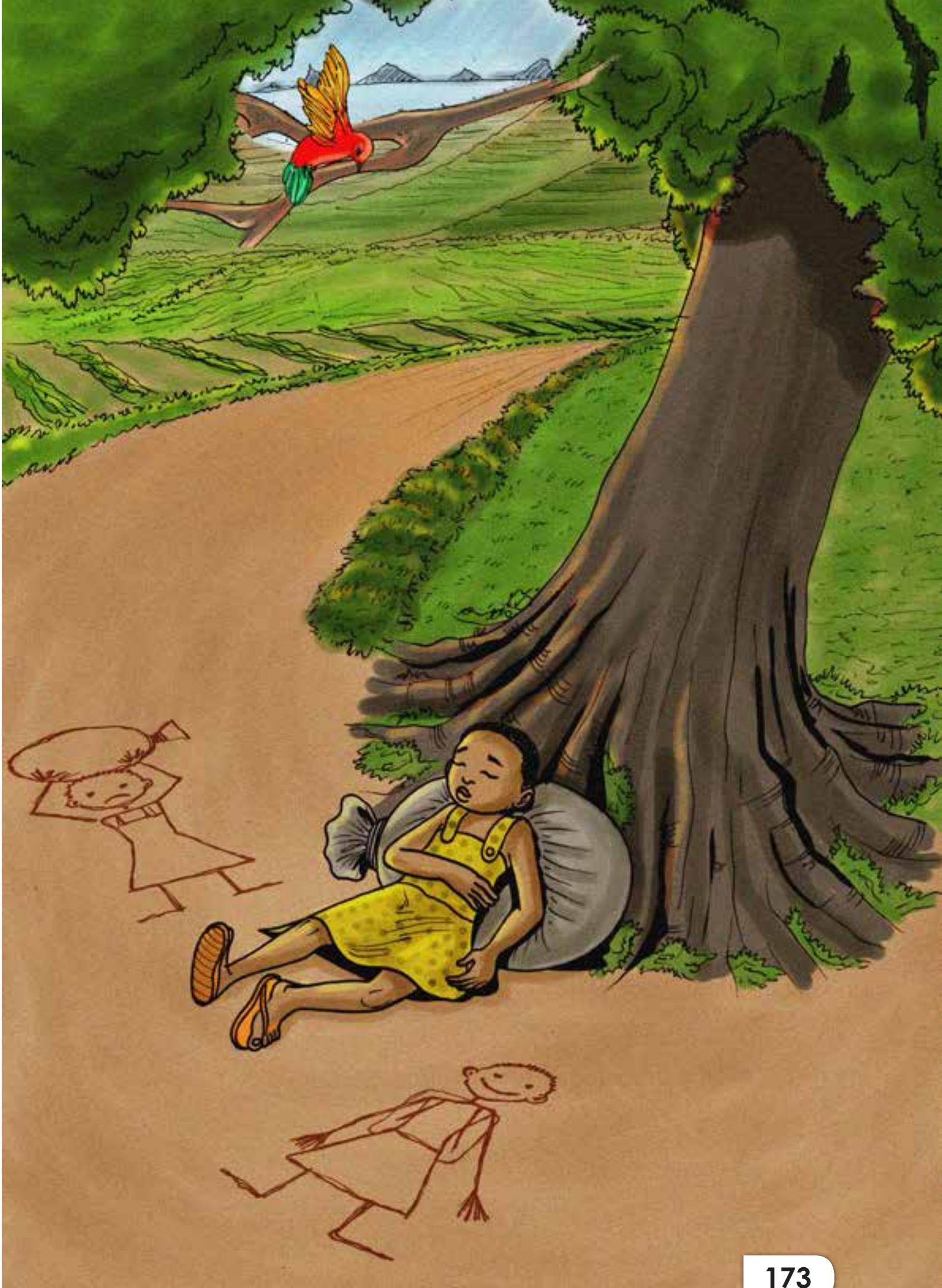
Buri munsi, Wibabara yarabyukaga akamesa imyenda y'abo mu rugo, yarangiza agateka. Iyo yarangizaga guteka, yakurikizagaho gukora isuku yo mu rugo. Ibyo byose yabikoraga ari na ko yita kuri murumuna we Kawera.



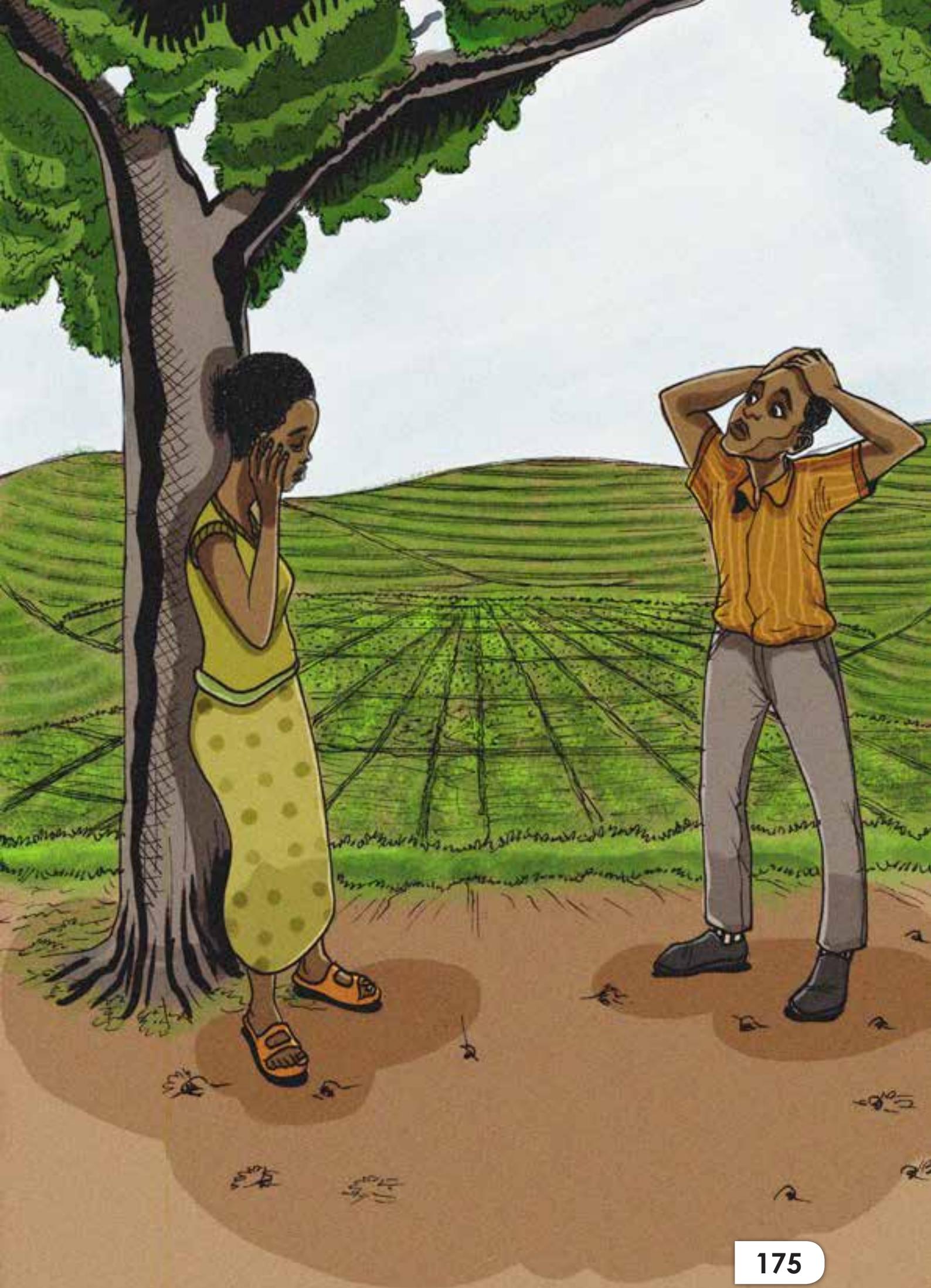
Mu masaha y'ikigoroba, se akamwohereza gusarura ikawa mu murima wari hakurya y'ikirwa cy'lwawa. Akamubwira ati: "Genda usarure ikawa, wuzuze uyu mufuka." Wibabara akagenda ababaye. Akazisoromana agahinda yarangiza agafata inzira imwerekeza iwabo agataha. Iyo mirimo yose yakoraga yari irenze imbaraga ze. Yahoraga yifuza kujya ku ishuri nk'abandi bana bangana ariko akabibura. Nuko akibaza amaherezo ye bikamuyobera.



Umunsi umwe, ubwo yari mu nzira ava gusoroma ikawa, Wibabara afatwa n'umunaniro mwinshi. Atura umufuka yicara hasi maze atangira kwitekerezaho. Nuko Wibabara afata agati atangira gushushanya mu mukungugu. Ashushanya umwana w'umukobwa wambaye imyenda y'ishuri, ahetse agakapu k'ishuri. Ku rundi ruhande ashushanya umwana w'umukobwa wikoreye umufuka wuzuye ikawa. Nuko arangije, kubera umunaniro asinzirira aho. Ako kanya, haza akanyoni karamwitegereza, maze kiyemeza kumutabariza.



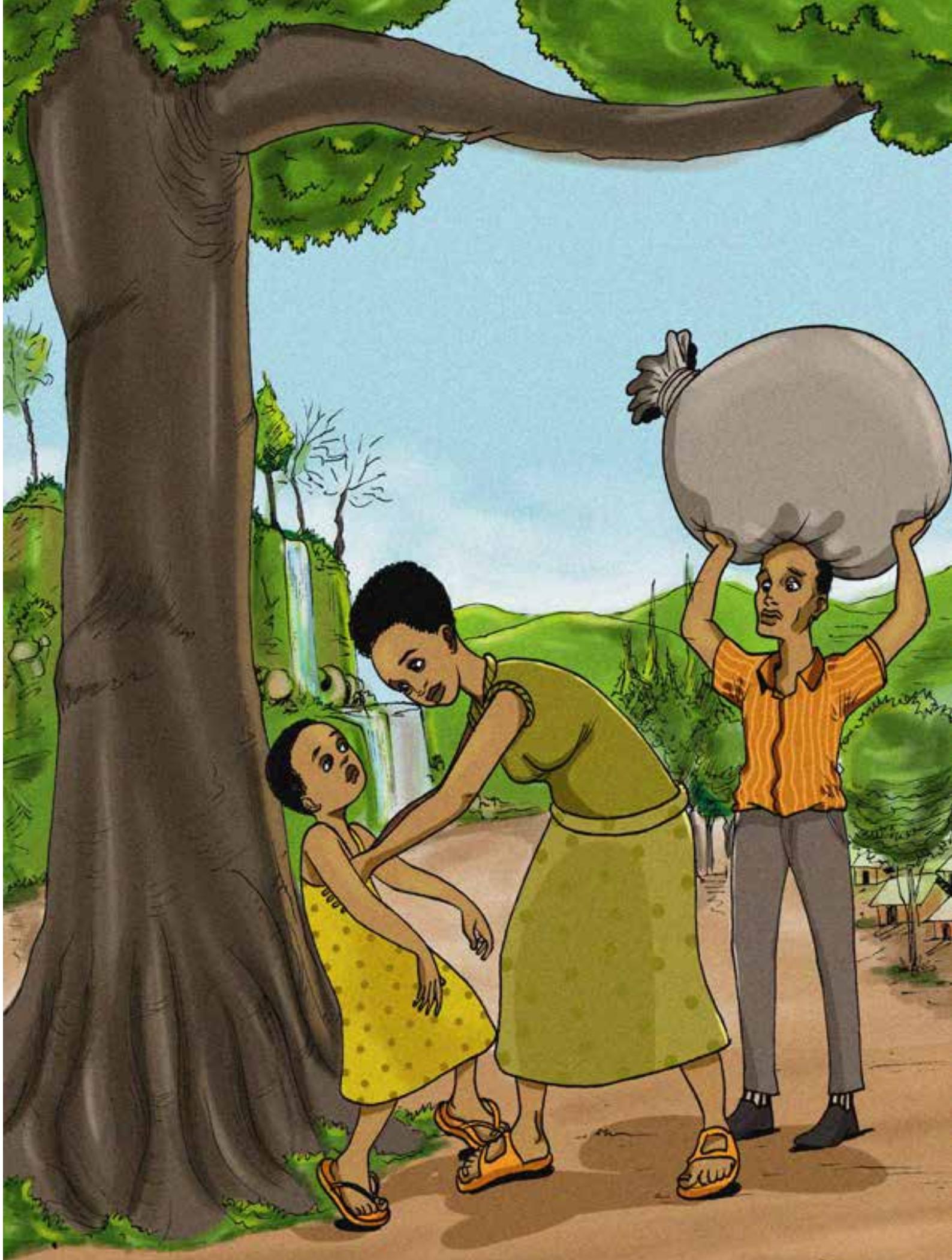
Se na nyina bategereza ko Wibabara ataha
baraheba. Nuko bamanuka bagana aho
yari yagiye gusarura ikawa. Bageze mu
murima w'ikawa baramuheba. Batangira
guhangayika cyane, batekereza ko
yariwe n'inyamaswa. Bakajya bavuga bati:
"Iyaba twari tumubonye, ntitwakongera
kumukoresha imirimo ivunanye." Nuko
barikubura barataha.



Mu nzira bataha, babona akanyoni katambaga mu kirere. Karirimba mu ijwi rirenga kati: "Mbe babyeyi gito, kuki mushavuza Wibabara? "Wibabara arababaye, Wibabara arashavuye." Kakongera kati: "Wibabara arahohoterwa, Wibabara arashavuye." Se wa Wibabara ati: "Uravuga ibiki wa kanyoni we?" Akanyoni kagasubiramo ya magambo. Nyina wa Wibabara ubwoba buramutaha maze atangira kuvuga ati: "Nyakubahwa se ntiwaturangira aho aherereye ubu?" Akanyoni kati: "Ngaho nimukomeze imbere, Wibabara muramubona."

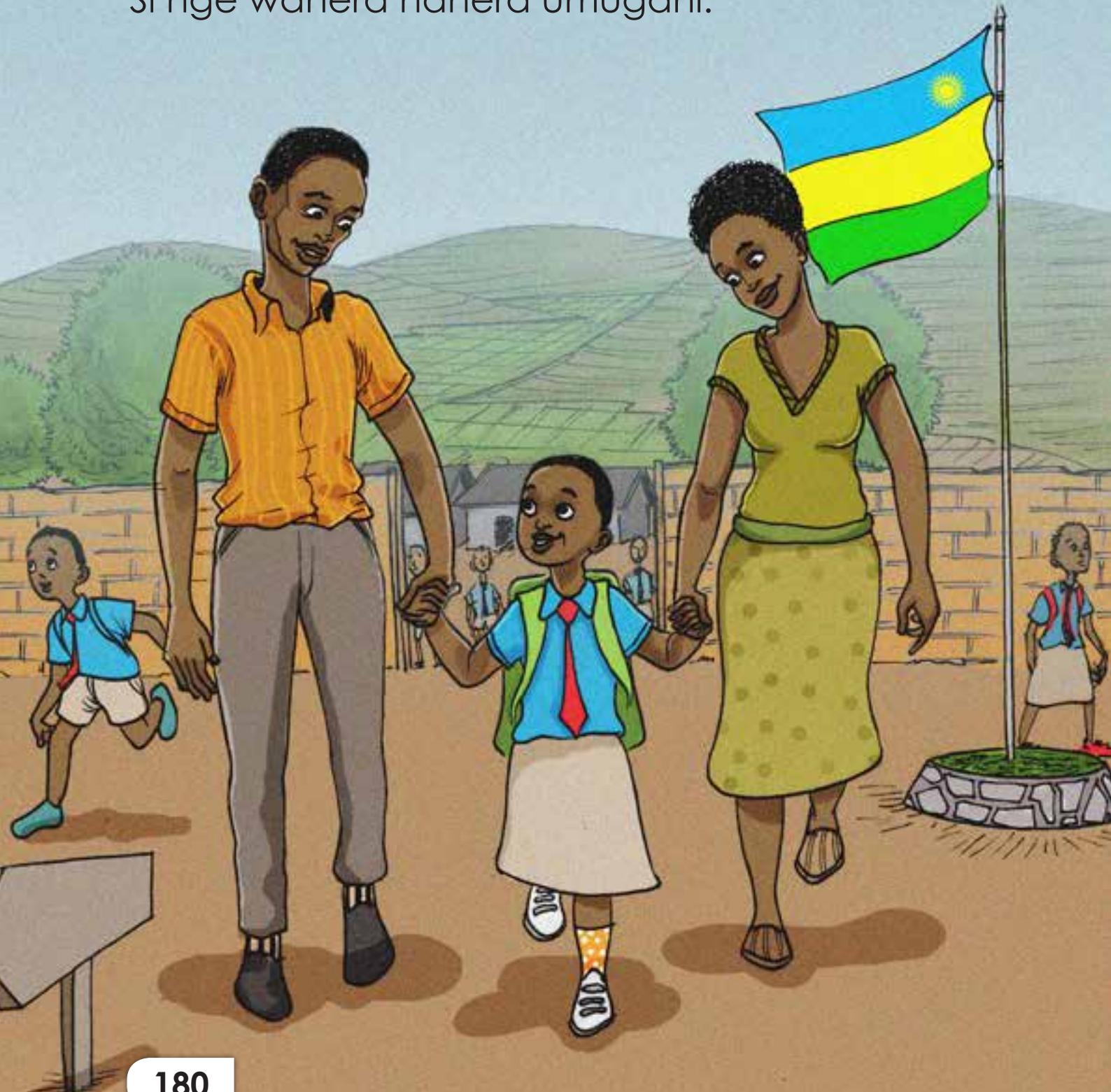


Mu gihe gito, ababyeyi ba Wibabara
bamugezeho. Basanze ananiwe cyane,
igifuka cyari kiremereye. Nyuma yo
kwitegereza ibishushanyo yari yashushanyije
mu mukungugu bagize agahinda. Ako kanya
nyina aramuuhagurutsa ngo amusindagize, na
ho se yikorera uwo mufuka munini w'ikawa
barataha.

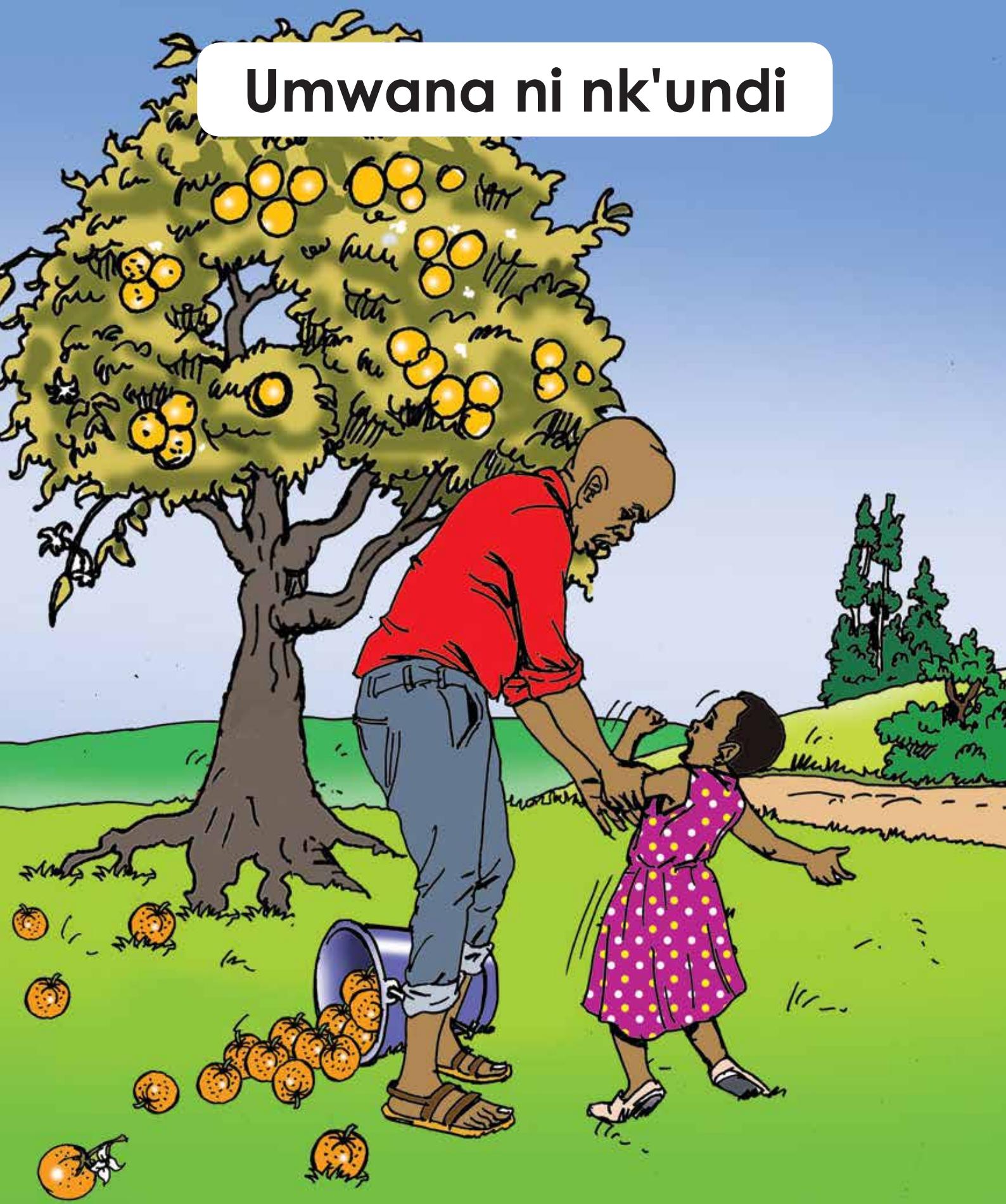


Nuko biyemeza kutazongera kumukoresha imirimo ivunanye bibaho. Bamujyana ku ishuri mu gihembwe gikurikiyeho. Kuva ubwo Wibabara atangira kwiga no kubaho anezerewe kandi atuje.

Si nge wahera hahera umugani.



Umwana ni nk'undi



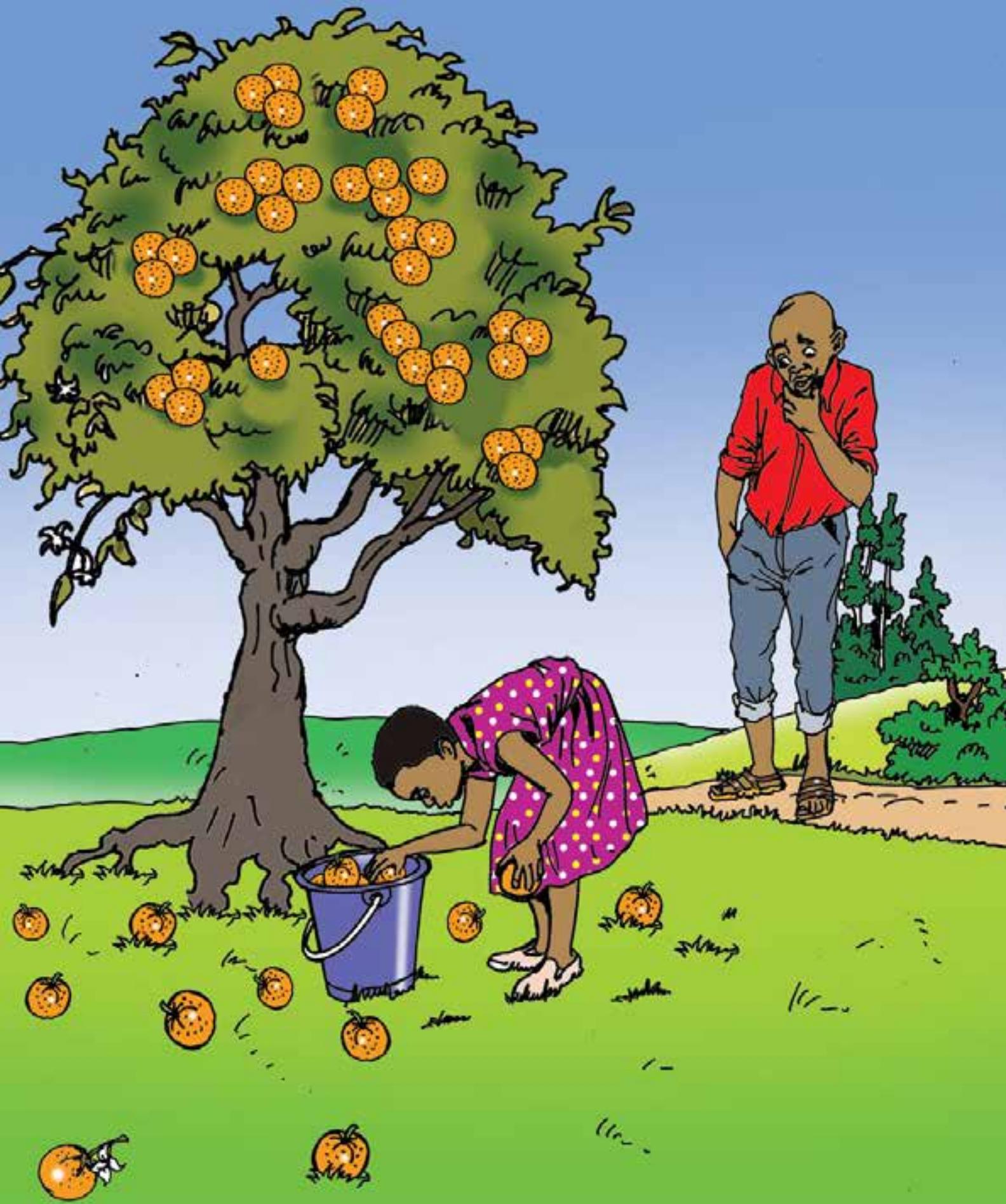
Hariho umugabo witwa Camake akagira umugore witwaga Domina. Bari bafite iduka aho bari batuye i Gicaca. Bari bafite n' abana babiri b'impanga. Umuhungu yitwaga Dodosi, umukobwa akitwa Dariya. Igihe cyo gutangira ishuri kigeze, abo babyeyi bajyana Dodosi kwiga ku ishuri ribanza rya Kabacuzi. Nuko Dariya ategereza ko na we atangira ishuri nka musaza we araheba.



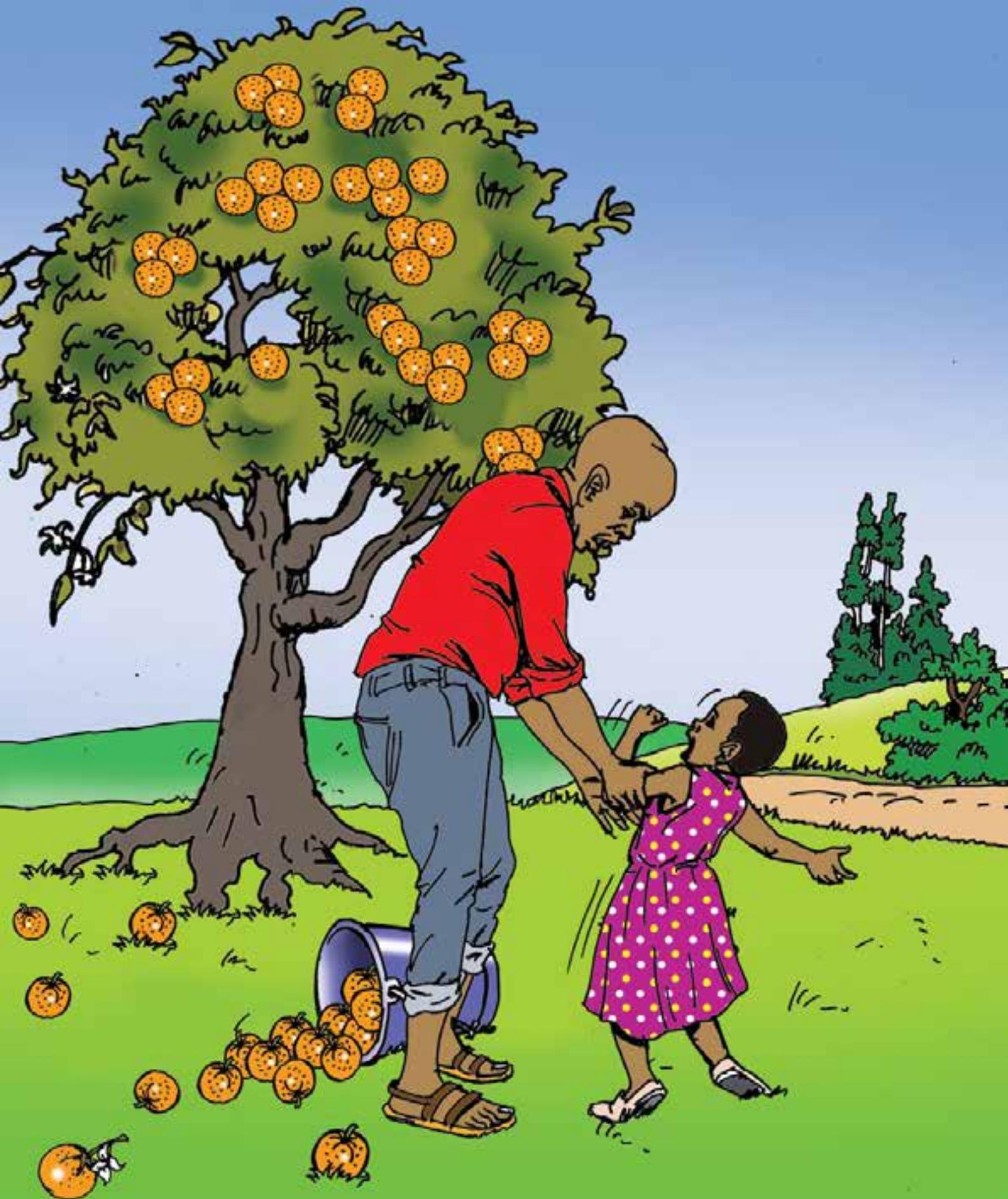
Dariya yatangiye kwigunga. Iyo yabazaga ababyeyi be, nyina yaramusubizaga ati: "Ceceka, wowe ntuzajya kwiga, uzajya udufasha mu mirimo yo mu rugo." Se na we akamusubiza ati: "Mwana wange, uzajya ujya kurinda umuceri wange dore ureze, inyoni zitazawurira mu murima." Ababyeyi be bibwiraga ko kwiga atabishobora nka musaza we. Bibwiraga ko kumenya imirimo yo mu rugo bihagije ku mwana w'umukobwa.



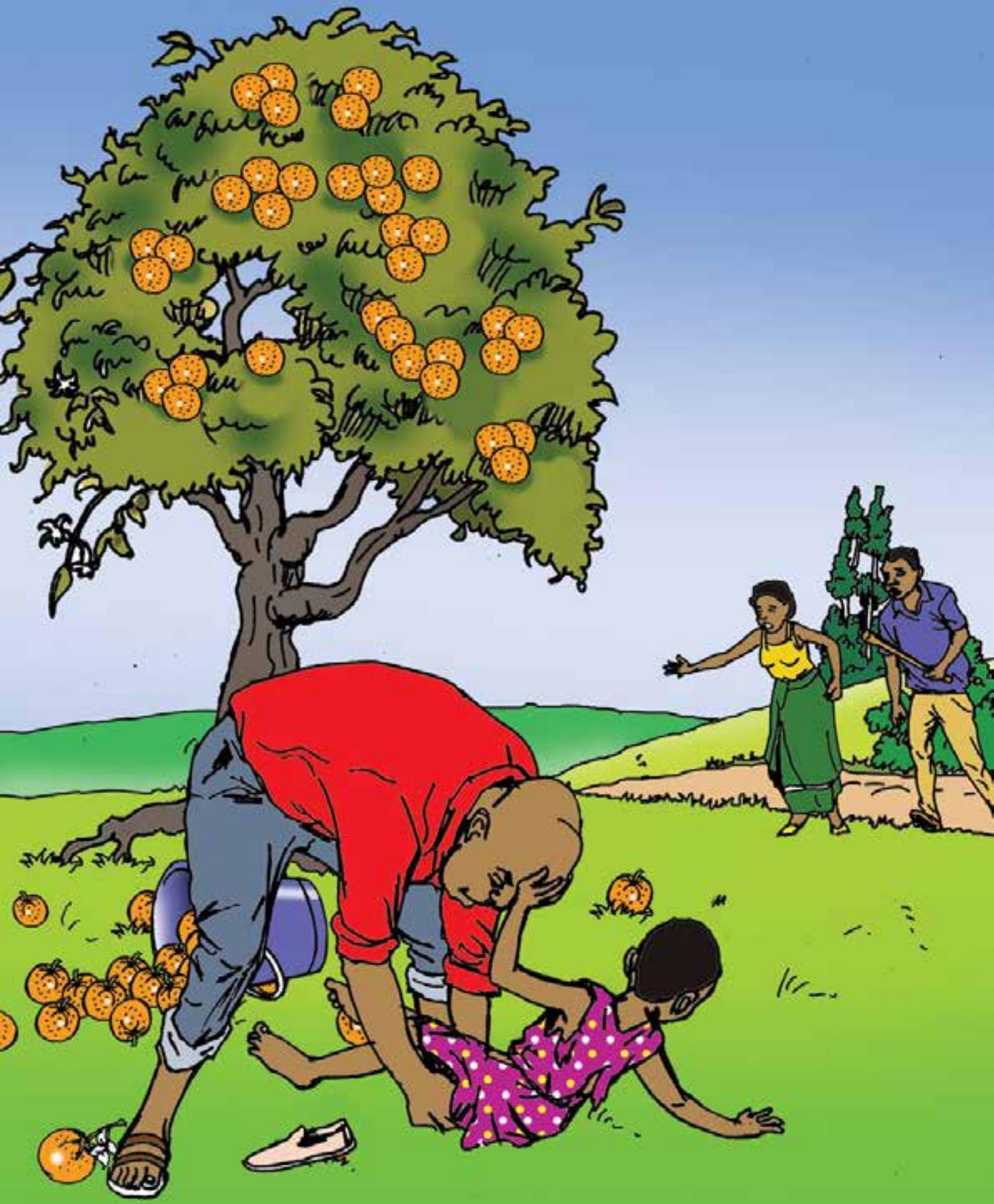
Umunsi umwe, ababyeyi babo batuma
Dariya gusoroma amacunga bagombaga
kujyana ku isoko. Agezeyo, yurira igiti
ahanura amacunga menshi. Nuko mu gihe
yari yunamye atoragura amacunga yari
yaciye, Rudabari, umugabo bari baturanye
anyura aho maze atangira kumwitegerezza.



Mu kanya gato aza amusanga aramubwira ati: "Mbega ikanzu nziza. Ibara ry'idoma ndarikunda cyane." Ibyo abivuga amwiyegereza ashaka no kumukorakora. Dariya ariko ntiyabyitaho akomeza kunama atoragura amacunga. Rudabari aba aramusingiriye maze batangira kugundagurana. Nuko Dariya induru ayiha umunwa. Rudabari ati: "Ceceka wa ko ntazi we!" Dariya ariko akomeza kuvuza induru. Rudabari na we akomeza kumushikanuza kugeza ubwo ikanzu ye itangiye gucika.



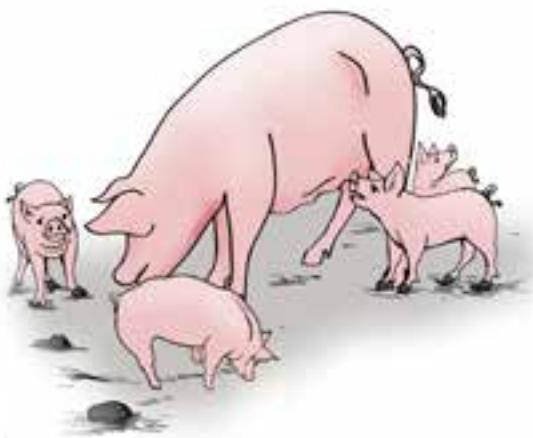
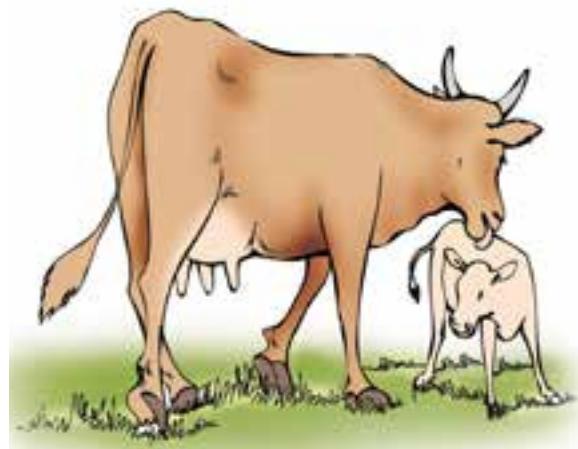
Ababyeyi be aho bari bari bumva ijwi
rya Dariya bihutira kujya kureba uko
bimugendekeye. Bagezeyo basanga
Rudabari akigundagurana na Dariya yenda
kumufata ku ngufu. Rudabari abakubise
amaso amaguru ayabangira ingata.
Bahirako bafata Dariya maze barataha.



Nuko bukeye bamutangiza ishuri. Rudabari na we arafatwa ajyanwa gukurikiranwa ku biro bya polisi ya Gicaca. Bageze mu rugo baraganira bati: "Iyo umwana wacu tumujyana mu ishuri ntaba ahuye n'iki kibazo." Kuva ubwo ababyeyi ba Dariya biyemeza kutongera kumubuza amahirwe yo kwiga ngo ni uko ari umukobwa. Barabwirana bati: "Iri ni ihohoterwa twakoreye umukobwa wacu, tugomba kumureka na we akiga kuko umwana ni nk'undi."



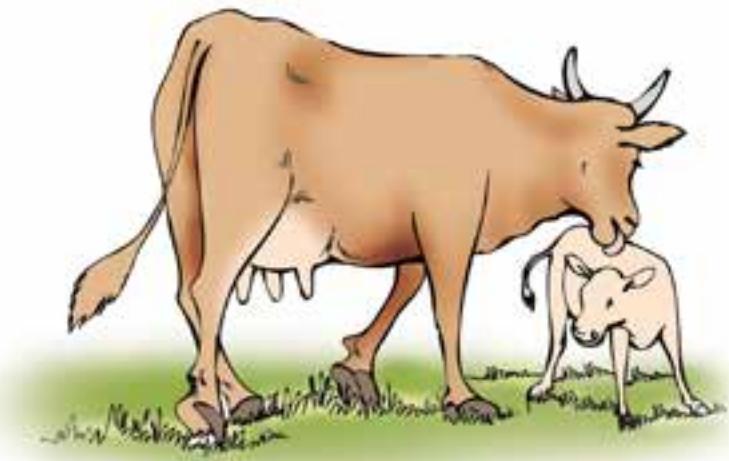
Akamaro k'amatungo yo mu rugo





Forodo ni umworozi wa kijyambere utuye i Jali. Forodo yoroye inkoko, inka, ingurube, imbwa, ihene, injangwe n'intama. Yita ku matungo ye cyane. Ijoro n'amanywa aba ahangayikishijwe n'ubuzima bwayo. Amenya ibyo buri tungo rikunda akabirigaburira.

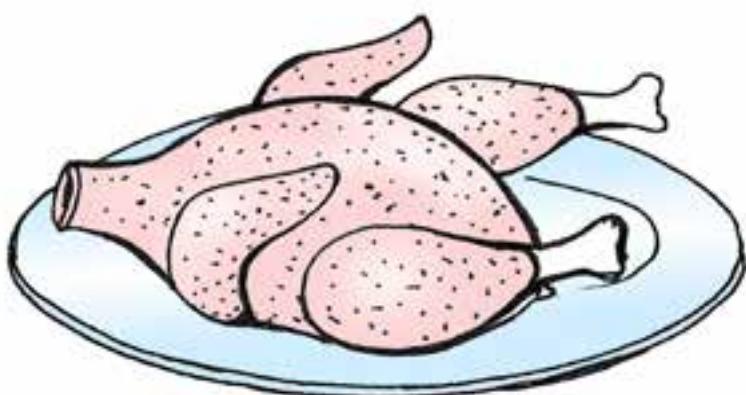
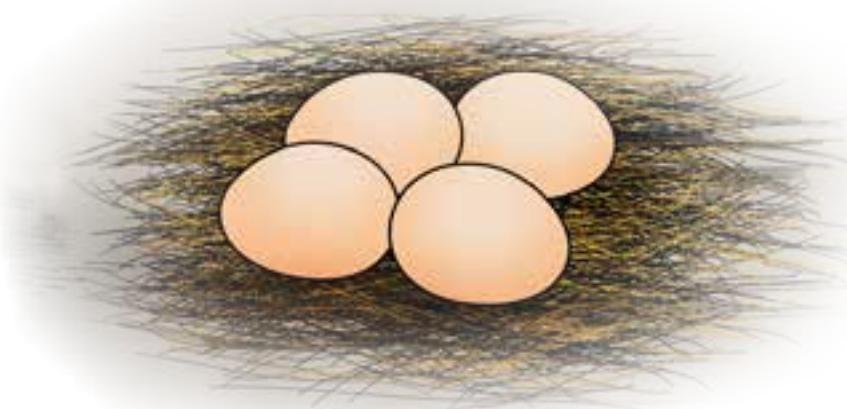
Ubworozi bwa Forodo bwamugejeje kuri byinshi. Ubu Forodo afite icyuzi cy'amafi agaburira abana be agasagurira n'amasoko. Afite n'umurima wera ibijumba by'amafufu. Amafiriti yabyo abana barayakunda cyane.

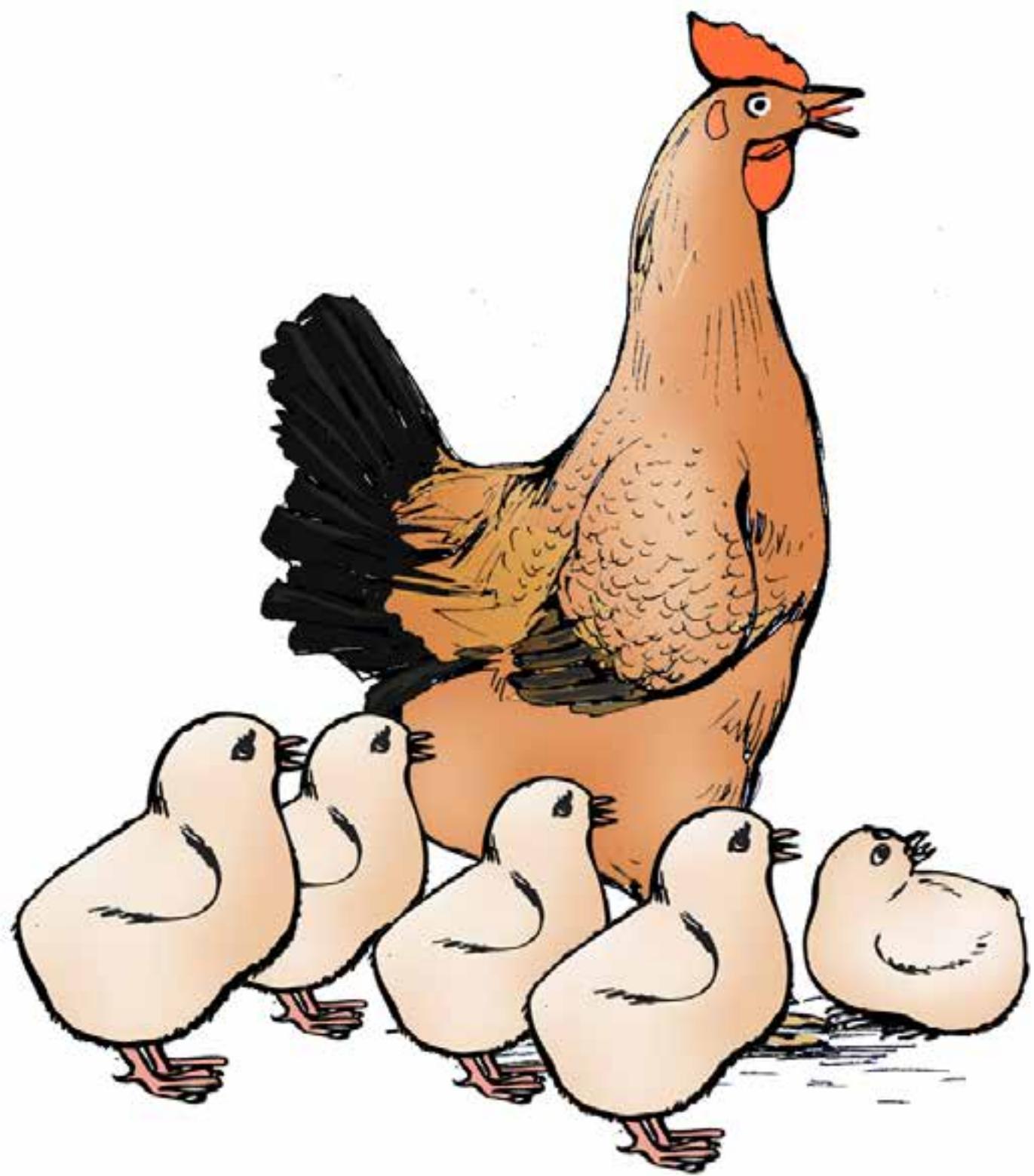


Ubworozi bw'inkoko

Forodo yoroye inkoko nyinshi. Inkoko ni itungo ryo mu rugo ribarirwa mu biguruka. Inkoko zitungwa no gutoragura impeke, udusimba turimo n'amajeri. Inkokokazi zitera amagi, zikayayarira, zikayaturaga hakavamo imishwi.

Inkoko zifite akamaro cyane; zitanga inyama ziryoshye cyane, zigatanga amagi arimo ibyubaka umubiri, kandi amatotoro yazo avamo ifumbire.



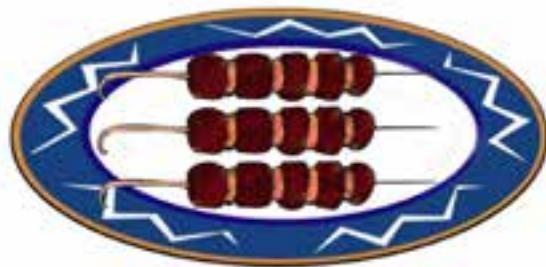


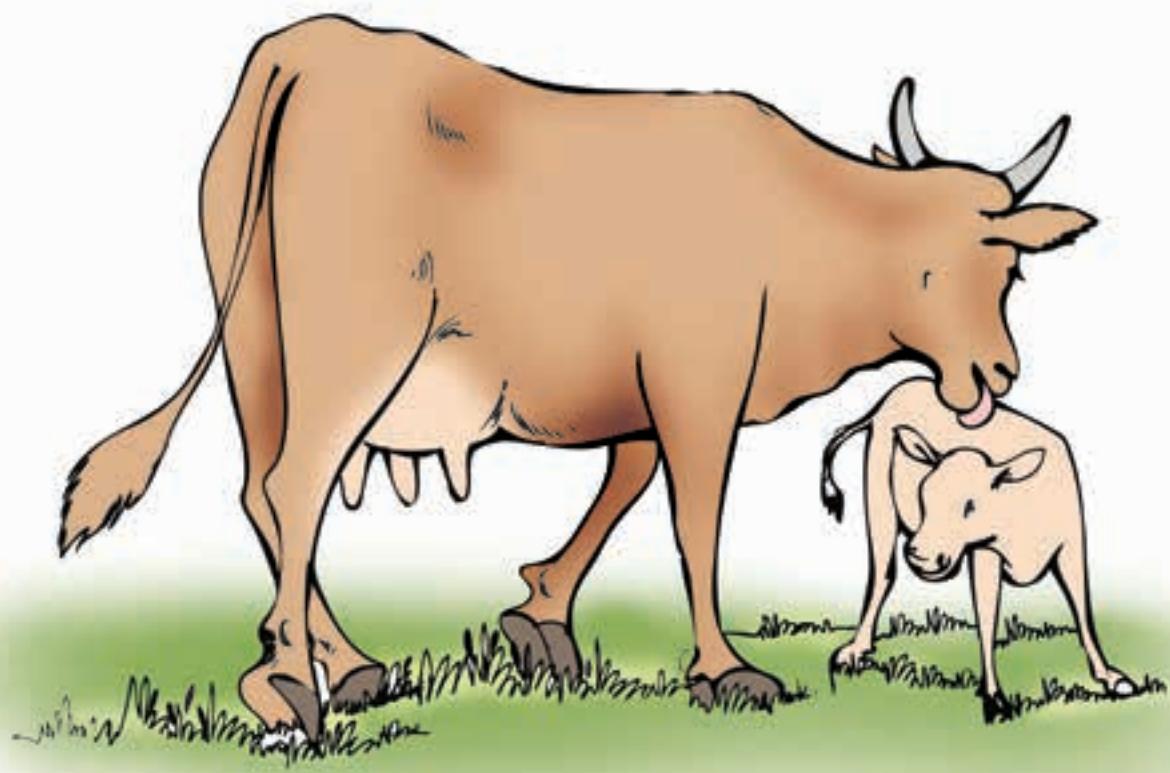
Ubworozi bw'inka

Inka zirororoka cyane. Iyo inka ikivuka yitwa umutavu. Ink y'ingore yitwa inyana naho iy'ingabo yitwa ikimasa.

Forodo yoroye inka. Azigaburira ubwatsi, akaziha amazi n'ibiryo mvaruganda, zigashisha, zigatanga umukamo ushimishije.

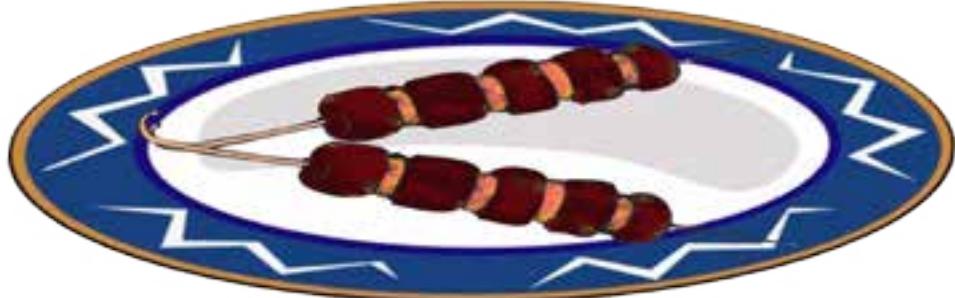
Inka ifite akamaro kenshi. Itanga amata adutungira ubuzima, itanga inyama, amavuta yo guteka n'ayo kwisiga. Amata yayo akorwamo foromaje. Inyama z'inka ziribwa zitetse cyangwa zokeje.

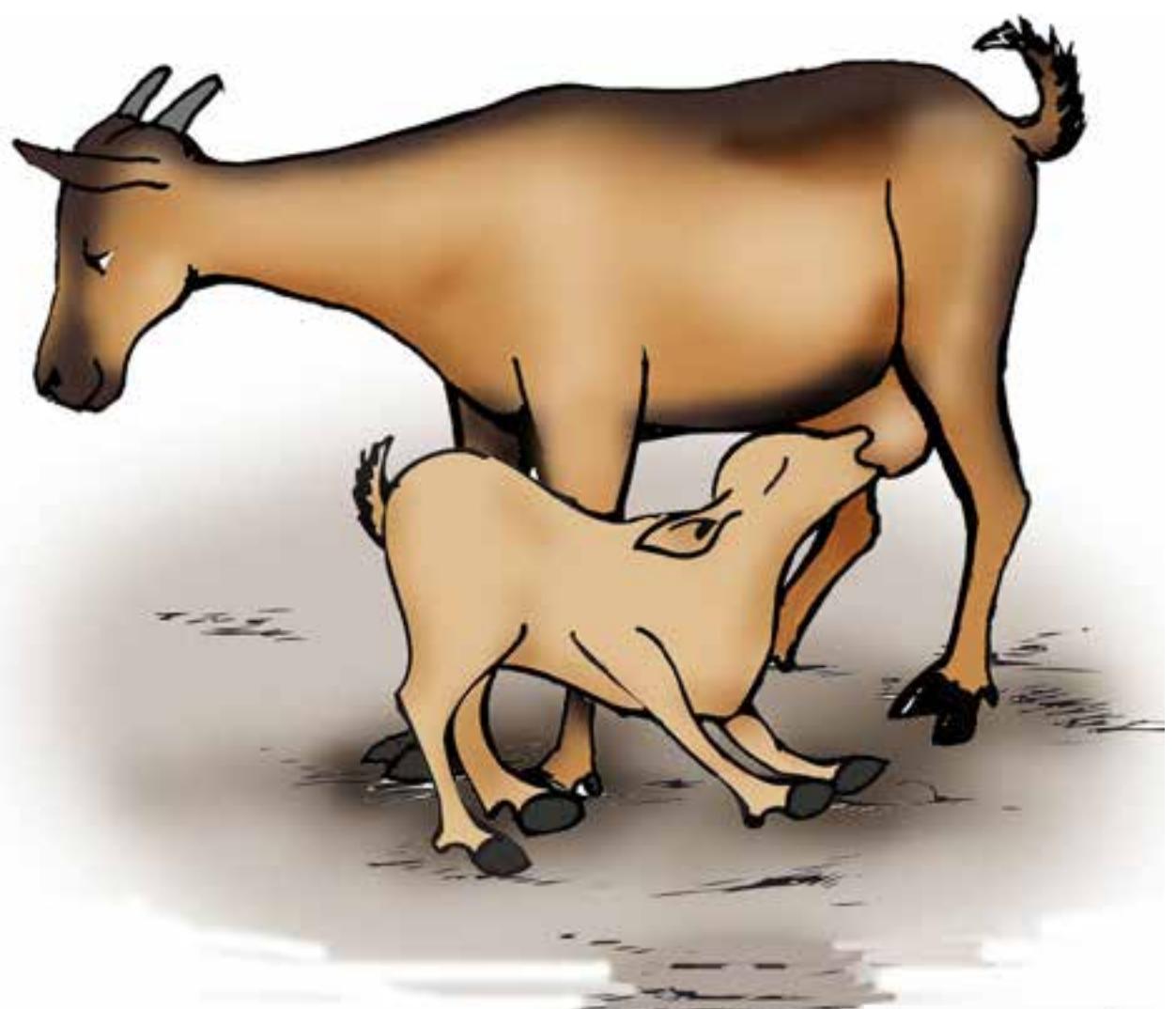




Ubworozi bw'ihene

Forodo yorora n'ihene. Ihene zororerwa mu ngo, mu biraro. Zirya ubwatsi zikanywa n'amazi. Ihene zororoka vuba ariko kandi ihene zigira umukamo. Amata yazo yitwa amahenehene. Akorwamo foromaji, akungahaye ku ntungamubiri. Abahanga bavuga ko avura bwaki.

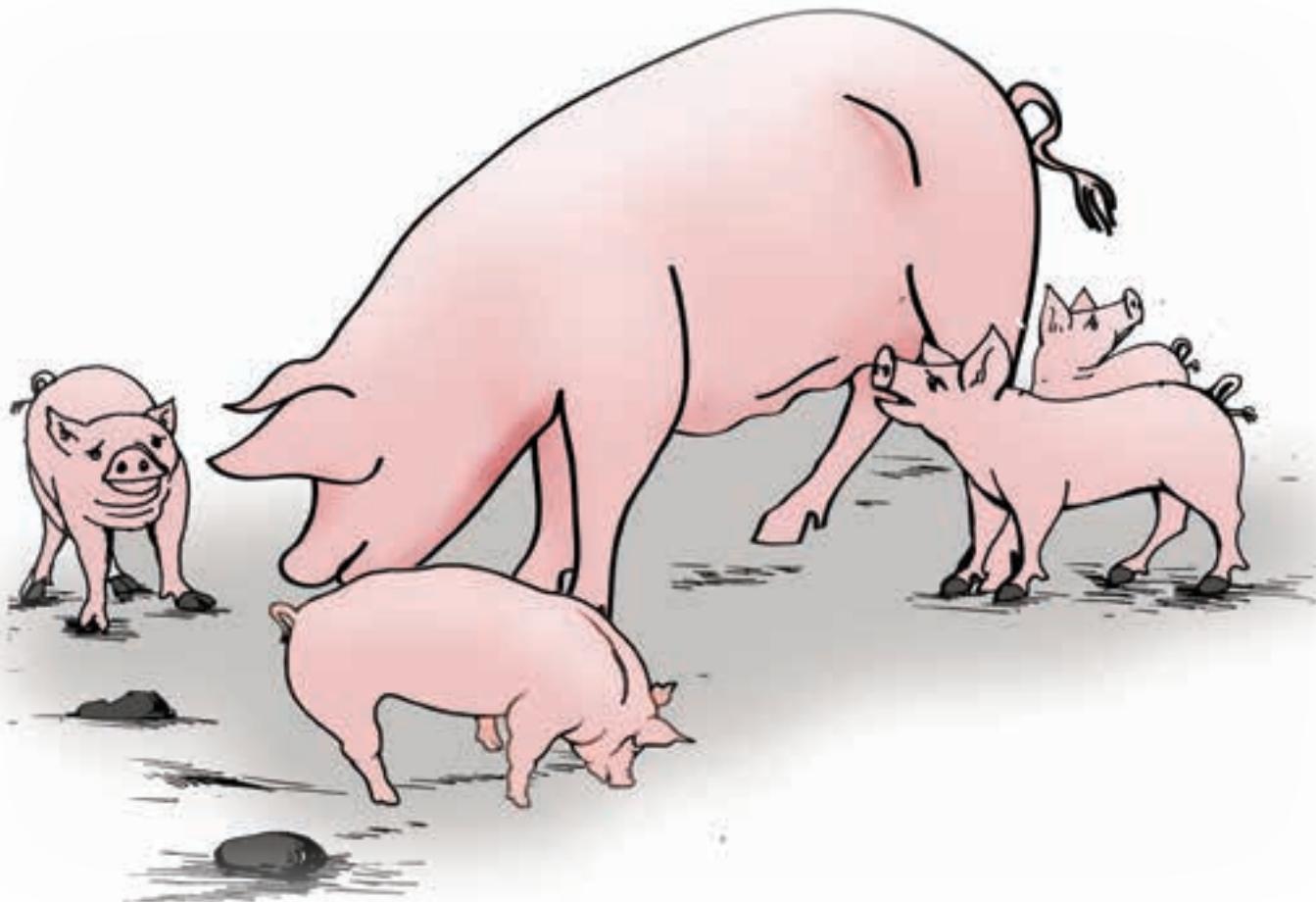




Ubworozi bw'inkwavu

Forodo yoroye n'inkwavu. Inkwavu zigira amatwi maremare. Zizi kwiruka no gusimbuka. Zitungwa n'ibyatsi bitandukanye ndetse n'ibisigazwa by' imboga, nk'amashu na karoti. Zororoka vuba kandi zitanga inyama.

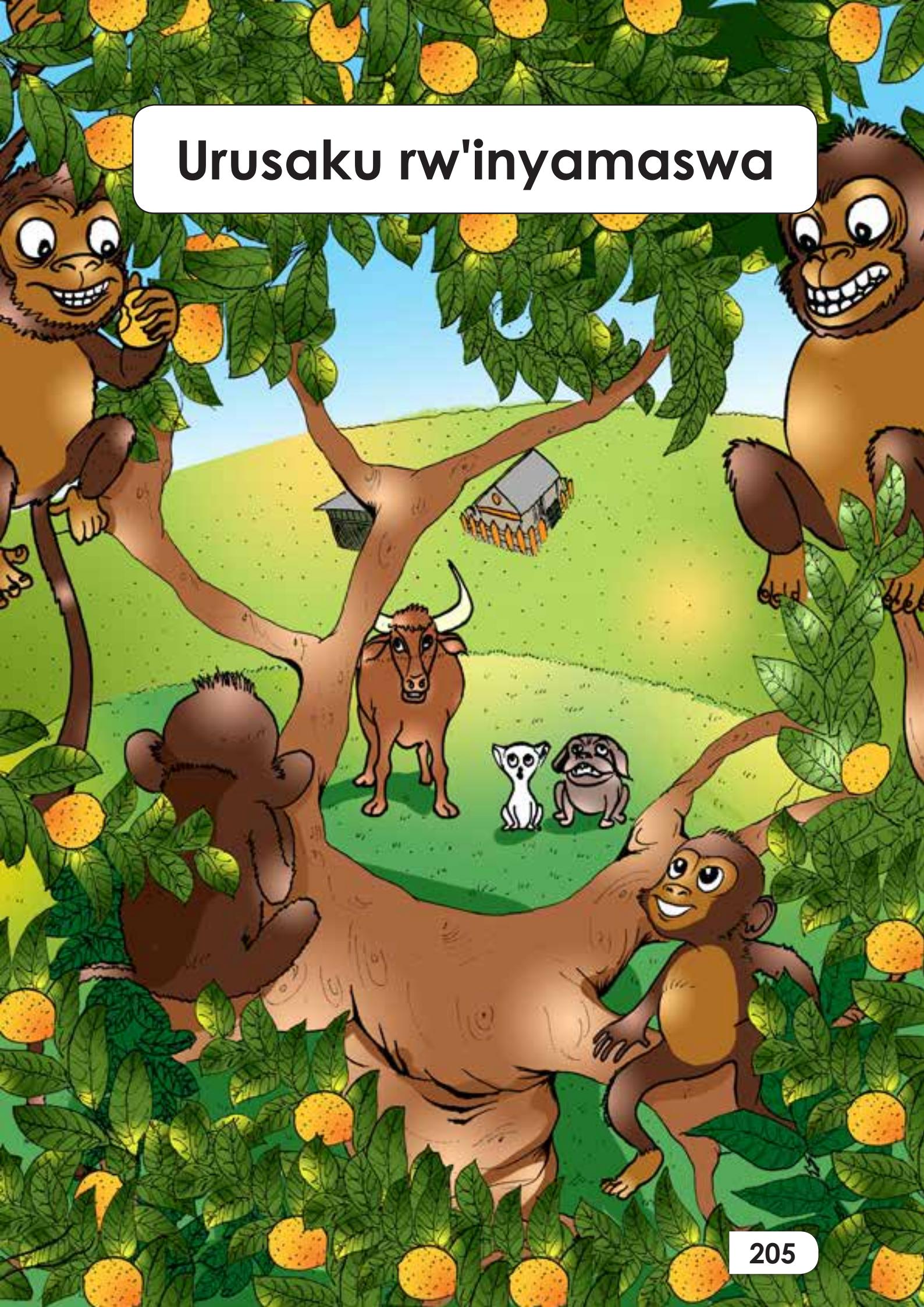




Ubworozi bw'ingurube

Forodo anorora ingurube. Ingurube abenshi bayita indyoheshabirayi. Ingurube ni itungo ryo mu rugo kandi ryororoka vuba. Ribwagura ibibwana byinshi bikura vuba. Ingurube ziryा ibintu byose. Zikunze kwivuruguta mu mazi cyane. Zitanga inyama zikunzwe na benshi ndetse n'amavuta meza bita sendu.

Urusaku rw'inyamaswa



Kera, imbwa, injangwe, inkoko, inka, intama n'ihene byarabanaga. Ayo matungo yakundaga kwicara akaganira akajya inama. Umunsi umwe aricara, ajya inama y'igikorwa rusange yakorera hamwe ngo yiteze imbere. Nuko yose ahuriza ku gitekerezo cyo guhinga umurima w'imbuto. Atera amapera, amapapayi, imyembe n'indimu maze akajya ajya ibihe byo kubirinda.



Umunsi umwe hiriwe injangwe, igiye kubona ibona inkende nyinshi ziroshye mu biti zitangira kwibasira amapapayi n'amapera. Injangwe yitegereje, ibona itahangana n'izo nkende. Nuko igerageza gusakuza cyane iti: "Nyawu, nyawu, nyawu, nyawu!" Inkende zireba injangwe zirayisuzugura cyane kuko itari kuzihangara. Injangwe ikomeza gusakuza cyane itabaza izindi nyamaswa.



Mu mwanya nk'uwo guhumbya, imbwa n'inka biba birahasesekaye. Imbwa iramoka, iramoka iti: "Huuu! Huuu! Huuu!" Inka na yo iyikiriza yabira ngo: "Mbaaa! Mbaaa! Mbaaa"! Nuko imbwa n'inka, bifasha ya njangwe gukomeza guhangana n'inkende bitabaza andi matungo.



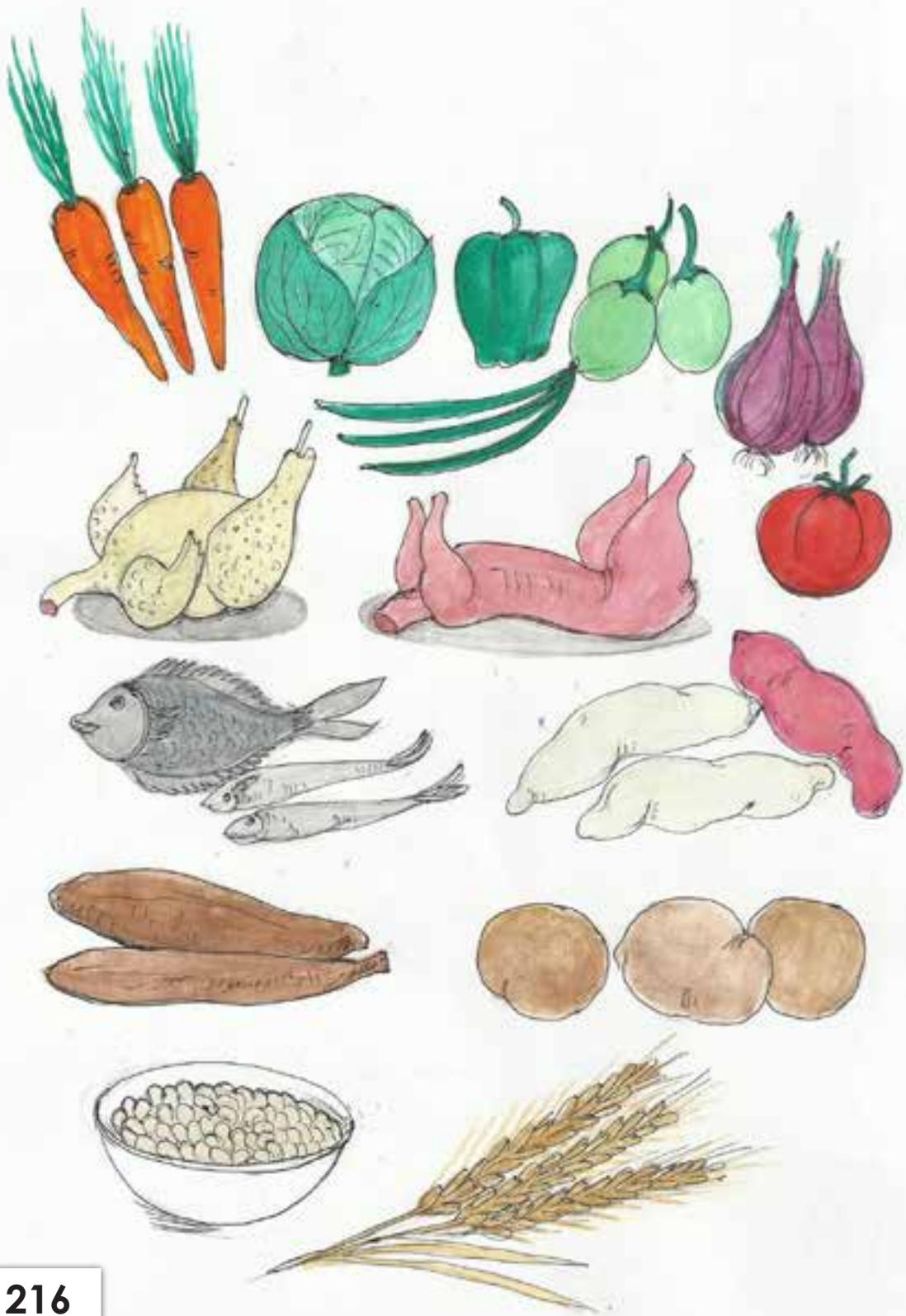
Ako kanya, ihene n'intama na byo biba
byumvise urwo rusaku ruturuka mu murima
wazo. Zimenya ko zatewe n'abajura.
Nuko ziruka zica ibiti n'amabuye zigana
mu murima wazo. Intama iratamatama
iti: "Maaa! Maaa! Maaa!" Ihene yungamo
irahebeba cyane iti: "Meee! Meee! Meee!"

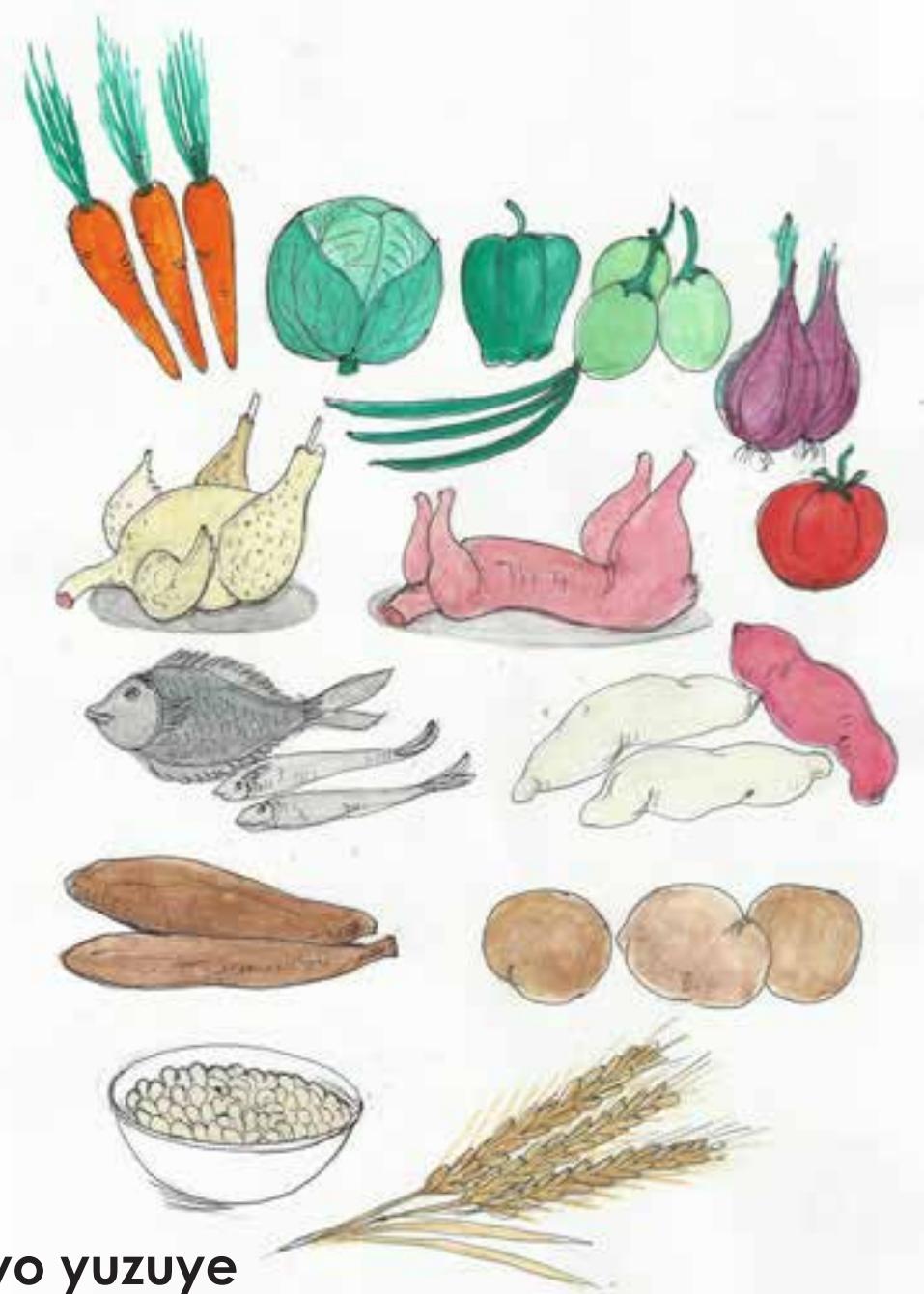


Ako kanya inkende zishya ubwoba ziti:
"Dore ko twigenje. Noneho izi nyamaswa turazikizwa n'iki?" Ziherako, amaguru ziyabangira ingata, ziriruka. Za nyamaswa zizirukaho, ari na ko zikomeza gusuza. Kalisa na Alisa bihitiraga bajya i Kigali, bazibonye barahagarara batangazwa n' ibyo izo nyamaswa zikora. Kuva ubwo, bamenye ko buri nyamaswa ifite ijwi ryayo ryihariye kandi zose zibasha kumvikana.



Indyo yuzuye





Indyo yuzuye

Indyo yuzuye igizwe n'ibiribwa bihagije bituma umubiri ubona intungamubiri ukeneye kugira ngo ukore neza, bityo tugumane ubuzima bwiza. Kurya indyo yuzuye ntibivuga kurya byinshi kugeza ubwo wumva inzara ishize. Iyo uriye ifunguro nyaryo rihagije uba ufashe indyo yuzuye. Tugomba kurya ibiribwa birinda indwara, ibyubaka umubiri hamwe n'ibiribwa bitera imbaraga.

1. Ibribwa bitera imbaraga

Umubiri wacu ukeneye ibiwutera imbaraga kuko biha umubiri ingufu ukeneye ngo umuntu akore, agende, yiruke, aseke, arye anahumeke. Bimwe muri ibyo biribwa ni ubugari, imyungu, umuceri, ibitoki, ibijumba, imyumbati, umugati, ingano, amasaka hamwe n'ibindi binyampeke byose bifasha umubiri wacu kugira imbaraga n'ingufu zihagije.



2. Ibiribwa birinda indwara

Umubiri wacu kandi ukeneye ibiribwa biwurinda indwara. Ibi biribwa byifitemo za vitamini nk'imboga n'imbuto bifasha mu bwirinzi bw'umubiri wacu bigatuma tugumana ubuzima bwiza. Karoti, isombe, avoka, itomati, puwavuro, amapapayi, intoryi, imboga rwatsi nka dodo na epinari, imyembe, inanasi, amapera, inkeri, amacunga, indimu n'ibindi. Ibi byose birinda umubiri gufatwa n'indwara.



3. Ibiribwa byubaka umubiri

Umubiri wacu ukenera ibiribwa biwufasha gukura no kwisana ubwawo. Bifasha imitsi yacu kwirema n'uruhu rwacu kwisana iyo twakomeretse. Bifasha kandi amagufwa yacu gukomera no gukura. Byongeye kandi, bifasha imisatsi n'inzara byacu gukura. Inyama z'inka n'iz'ihene, amafi, inyama z'inkoko, ibikomoka ku matungo birimo amagi, amata na foromaje, indagara, ibishyimbo, ubunyobwa. Ibi byose bifasha umubiri wacu kwiyubaka.

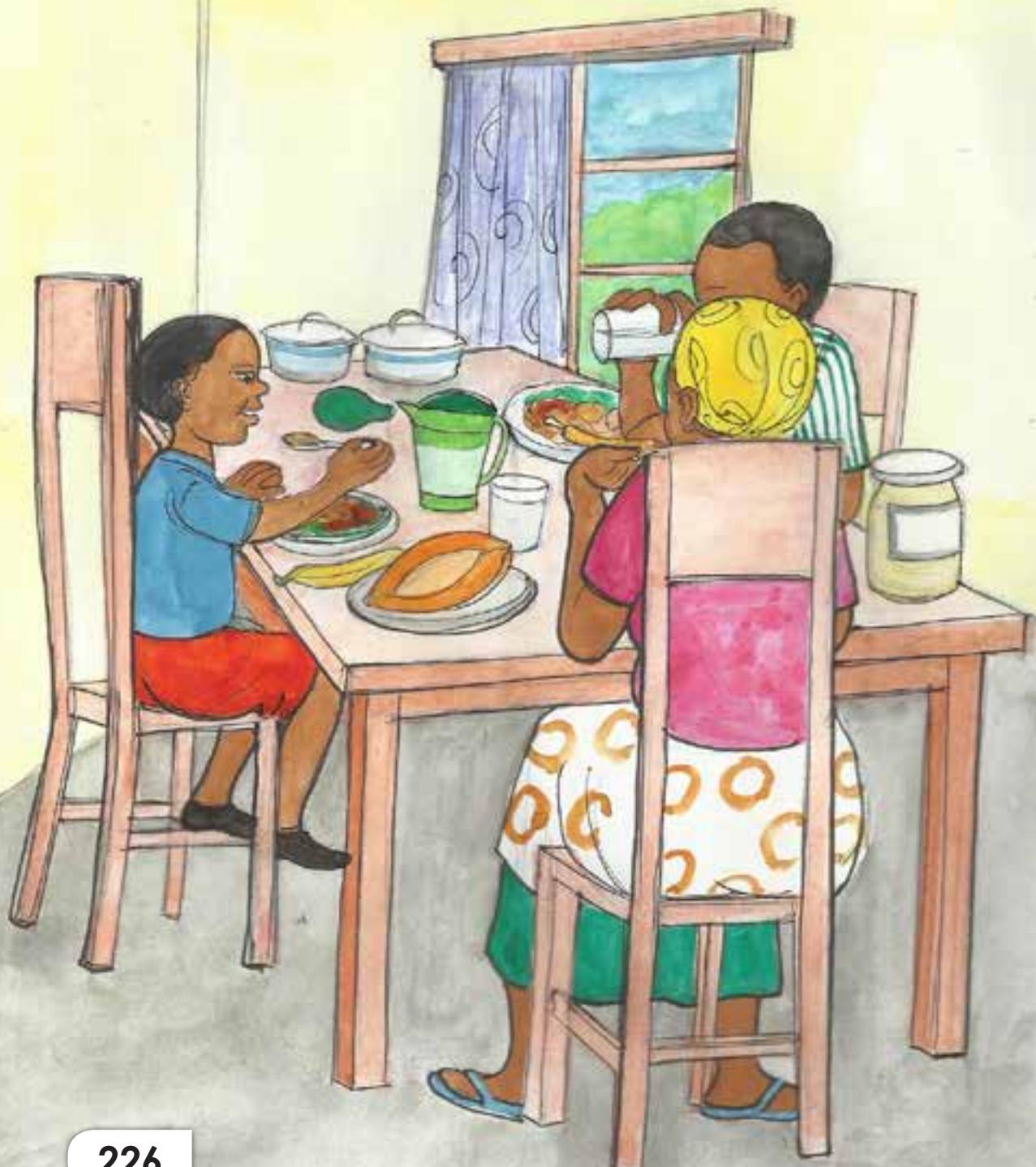


Icyitonderwa

Ibiribwa bimwe na bimwe bikorerwa mu nganda ntibibarirwa mu moko atatu y'ibiribwa twavuze. Abana n'abantu bakuru benshi bashobora kurya ibiryo bikorerwa mu nganda kubera ko biryoshye cyangwa bibashimisha. Nubwo biba bimaze igihe kinini bikozwe, nta ngaruka bigira ku mubiri w'umuntu iyo abifashe mu rugero rukwiye. Gusa igihe cyose umuntu agiye gufata bene ibyo biribwa, ni ngombwa kubanza kureba ko byujuje ubuziranenge. Fanta, imitobe, imigati, ibisugiti, bombo, ibirayi byumishije, n'ibindi byinshi ni bimwe mu biribwa bikorerwa mu nganda.



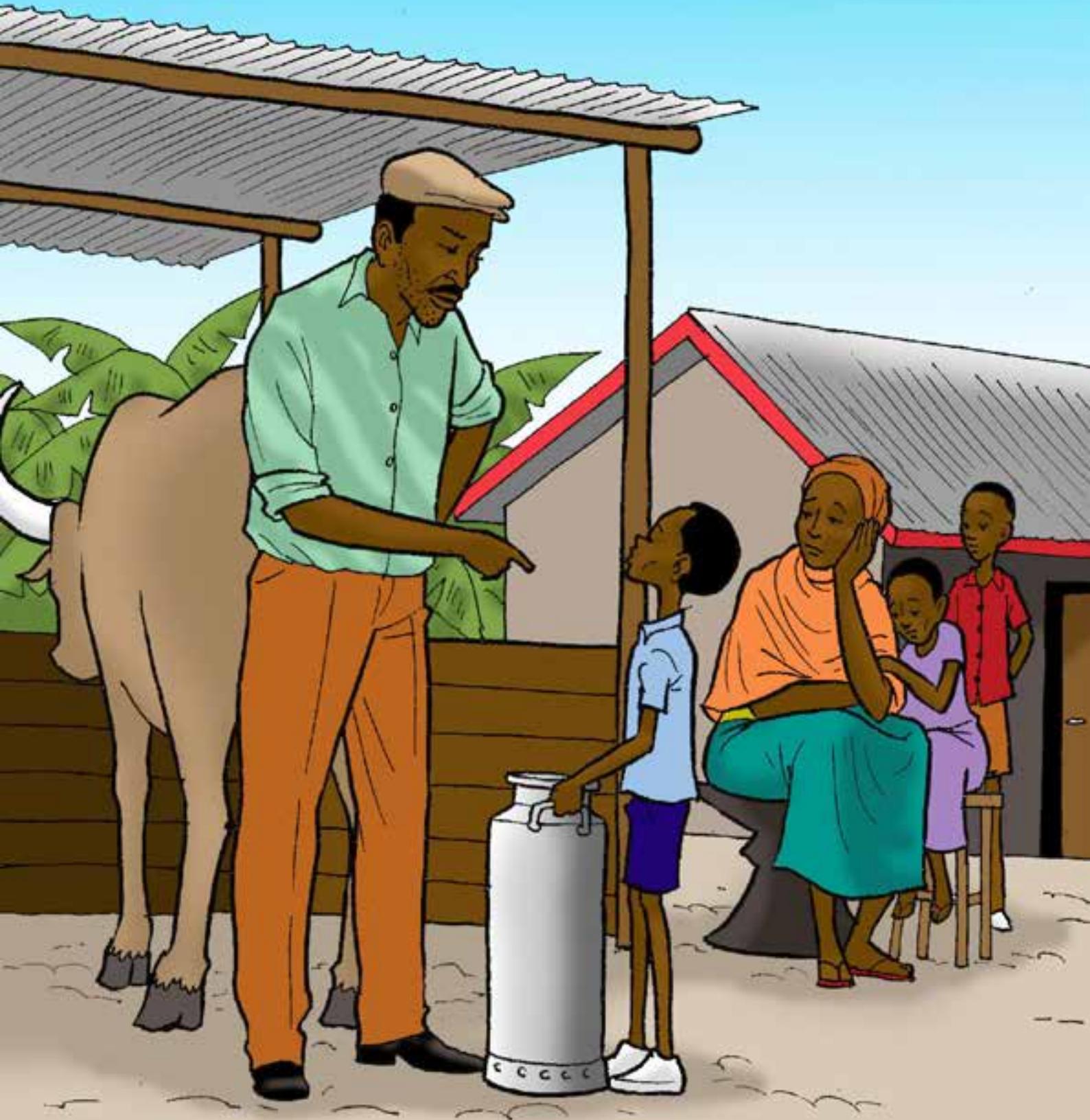
Duharanire kurya indyo yuzuye kuri buri gaburo. Kurya indyo yuzuye ni intwaro ikomeye ku buzima bw'umuntu uwo ari wese.



Ubwenge burahurwa



Nyamurinda n'umuryango we bari batuye i Mushubati. Uwo muryango wari ufite imibereho mibi. Abana, umugore we na we ubwe bari bananutse cyane. Abaturanyi babo bahoraga babibazaho. Bari batunze inka ariko ntibajyaga banywa amata na rimwe. Iyo inyana zabaga zimaze konka, barakamaga maze amata yose bakayagurisha.



Abana ba Nyamurinda biriwaga bayura
banarira kubera inzara. Nyamurinda
n'umugore na bo bahoraga bitangiriye itama
bashobewe. Uwo muryango wari utunzwe
n'ibijumba n'amazi. Ijoro rimwe, abana ba
Nyamurinda baraye bataka, bavuza induru
n'umujinya mwinshi. Ibyo bituma abaturanyi
bose barara bahagaze kubera iyo nduru.
Nuko bamwe muri bo bakajya bibaza bat:
"Ariko se koko noneho kwa Nyamurinda
habaye iki? Buriya koko ntashobora gushaka
umuti w'ibibazo biri iwe?"



Iryo joro Nyamurinda ntiyigeze agoheka.
Nuko mu museso wa kare afata inzira ajya
gusura umuturanyi we Gashema. Agezeyo
arakomanga ati: "Mwabonye bucya?
Twebwe ntabwo, abana baturaje ijoro.
Nayobewe n'aho nabavuriza." Gashema ati:
"Bamerewe bate?" Nyamurinda ati: "Baraye
baboroga, bayura, ntibigeze bagoheka. Icyo
barwaye, sinkizi. Barananutse cyane, imbavu
zirabarika."



Nuko Gashema ahita ajya kureba abo bana. Agezeyo, atangazwa no gusanga bayura, barira kandi basuhuza imitima. Aherako abaza Nyamurinda ati: "Mbese aba bana bawe ubagaburira iki ko mbona bameze nabi cyane?" Nyamurinda ati: "Ni ibijumba n'amazi." Gashema ariyamira cyane ati: "Ibijumba n'amazi gusa?" Nyamurinda ati: "Nabwo ni rimwe ku munsi." Gashema aramusubiza ati: "Aba bana barashonje, ikindi kandi, ntibabona indyo yuzuye." Nyamurinda ati: "Indyo yuzuye ni iki?"



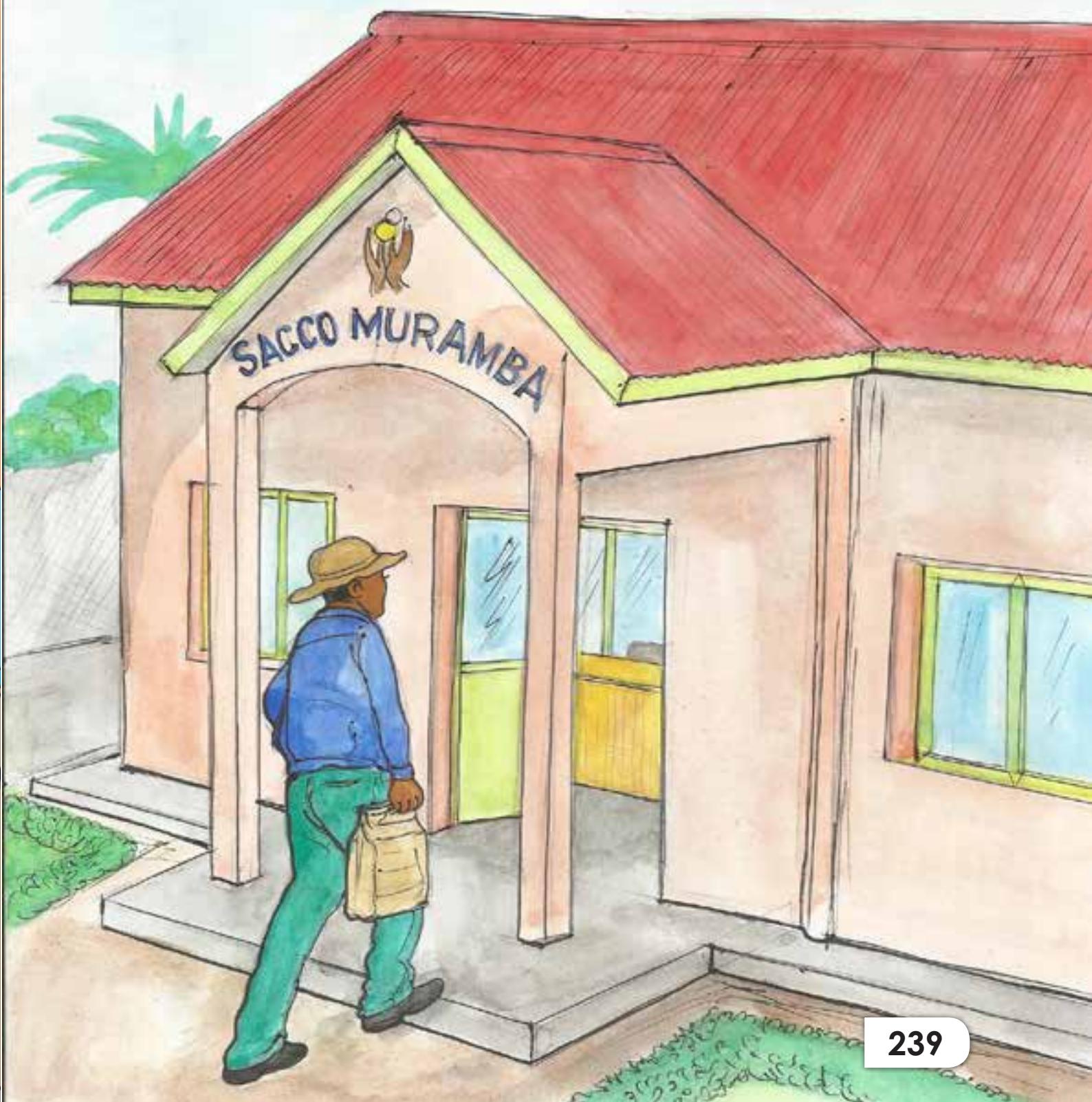
Gashema ni ko kumusobanurira ati:
"Ubusanzwe ibitunga umubiri, bibamo
amoko menshi. Buri bwoko bufite icyo
bumariye umubiri. Wowe n'umuryango
wawe, mugomba kurya mugahaga, kandi
mugafata ibiryo binyuranye. Hari ibyubaka
umubiri, nk'inyama, amafi, ibishyimbo.
Hari ibitera imbaraga, nk'ibinyampeke,
ibinyamafufu nk'ibijumba n'imyumbati. Hari
n'ibirinda indwara nk'imboga n'imbuto. Indyo
yuzuye rero igomba kuba ikozwe nibura na
kimwe kuri buri bwoko.



Kuva ubwo Nyamurinda n'umugore we bakajya bajya gufata amasomo yo guteka kwa GasHEMA. Mu byumweru bibiri, abana babo bari bamaze kondoka, babyibushye bameze neza.

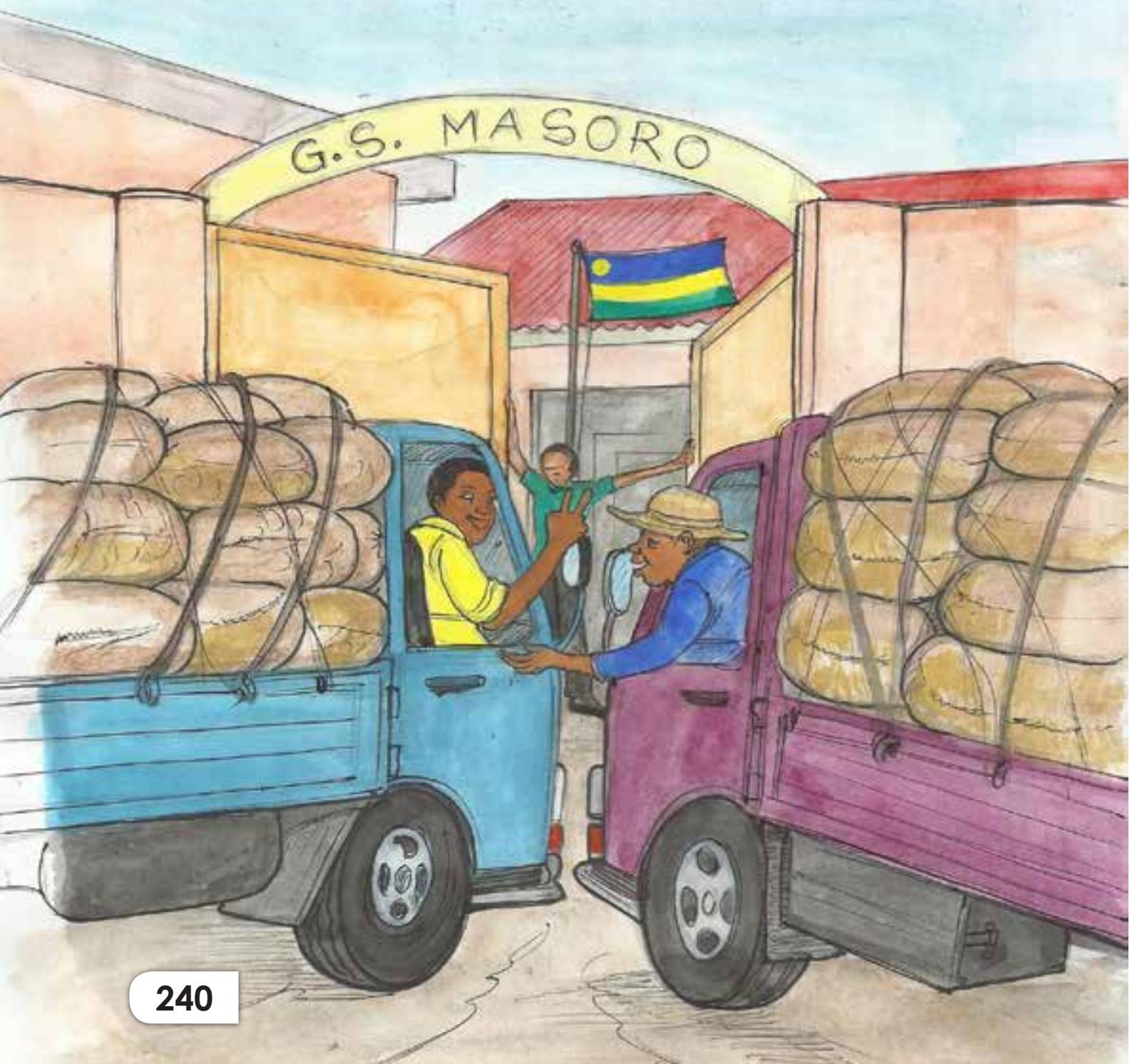


Tuzigamire ejo hazaza

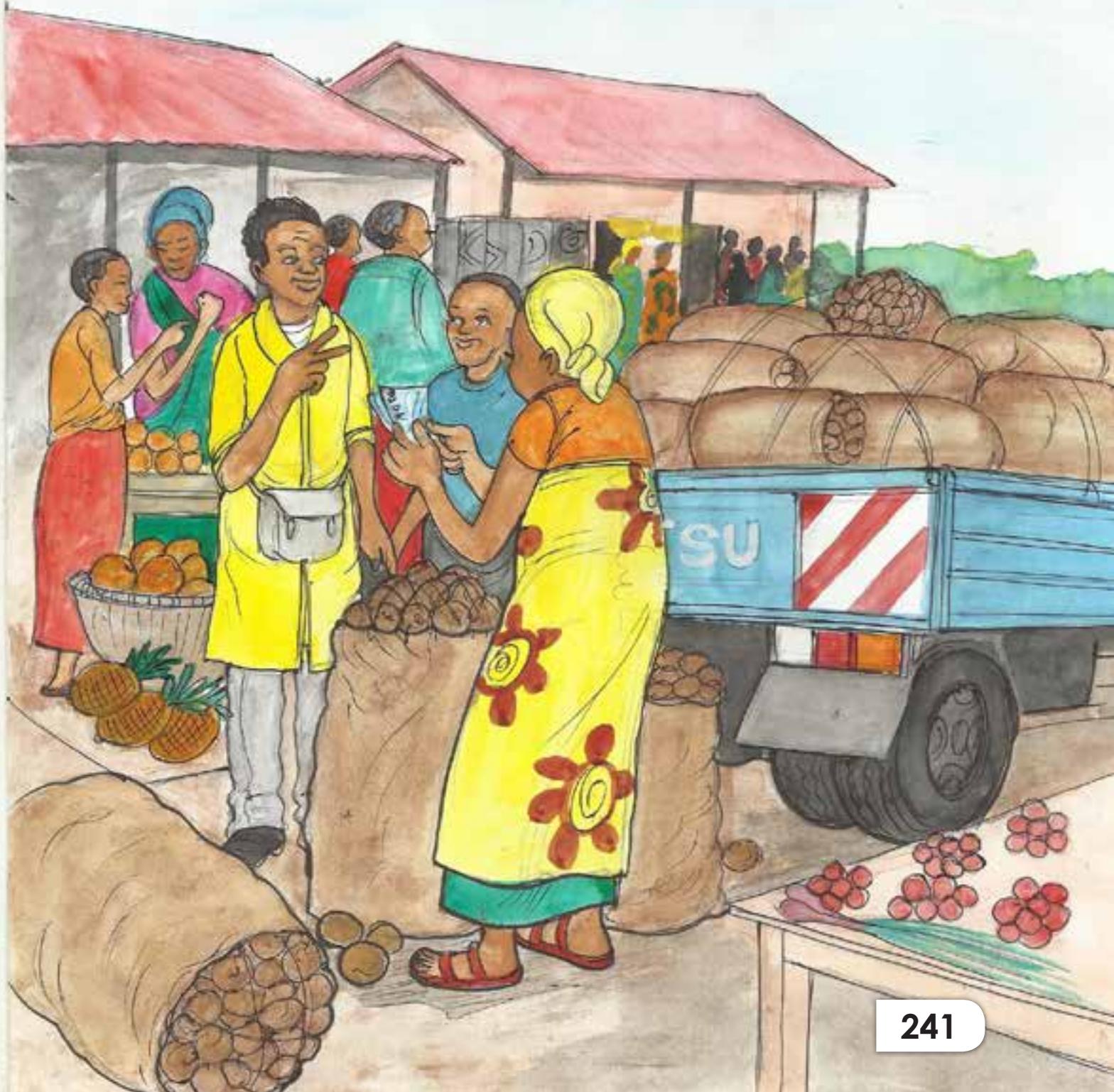


Gakwaya na Mbayire, ni abaturage bo
mu mudugudu wa Muramba. Iyo miryango
yombi itunzwe n'ubuhinzi, kwasa inkwi no
kuzigurisha ku bigo by'amashuri begeranye.

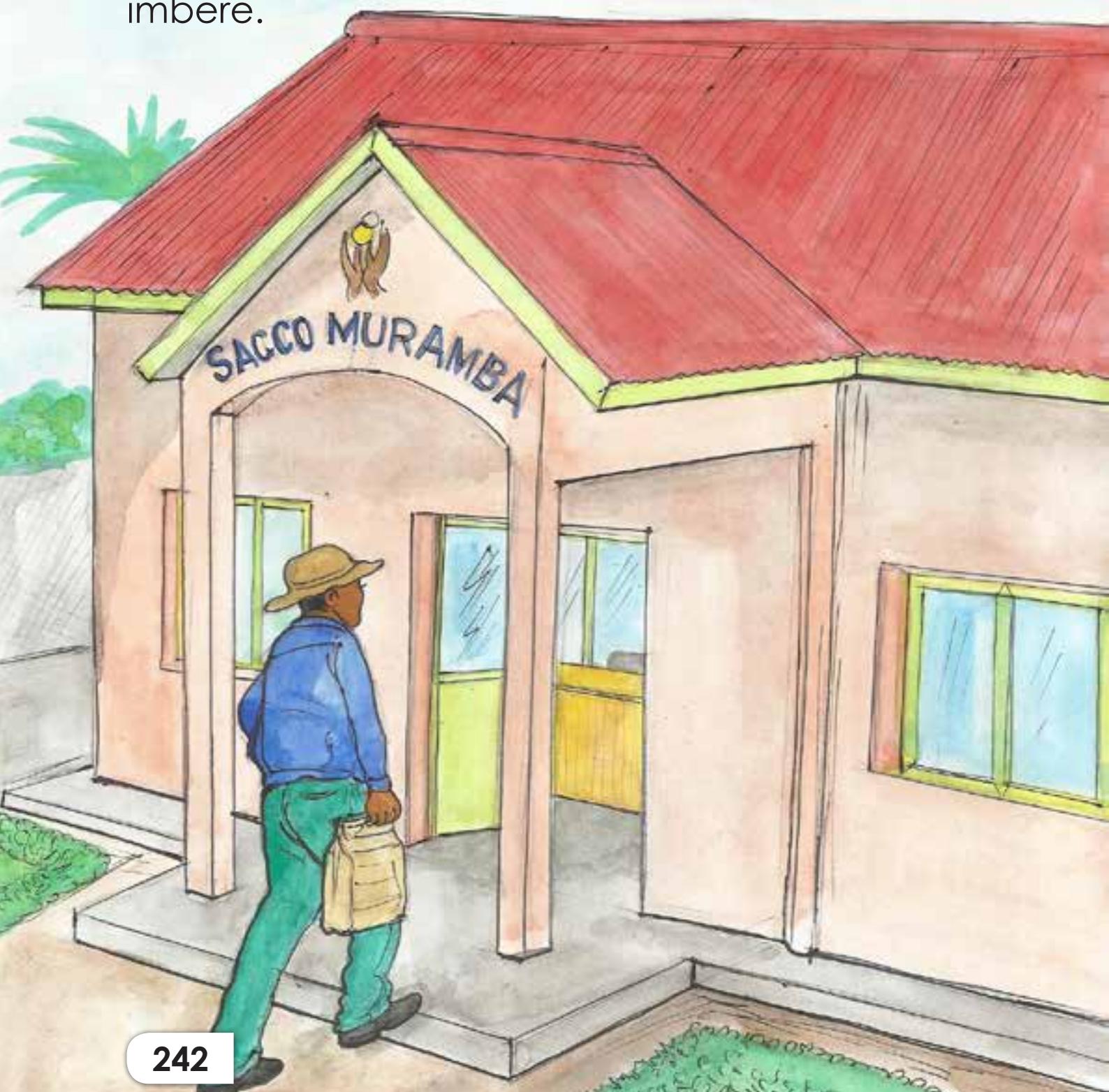
Bahinga ibijumba, imyumbati, imboga.
Bakoresha ifumbire y'imborera, imyaka yabo
igahora itohagiye. Borora kandi n'inkwavu.

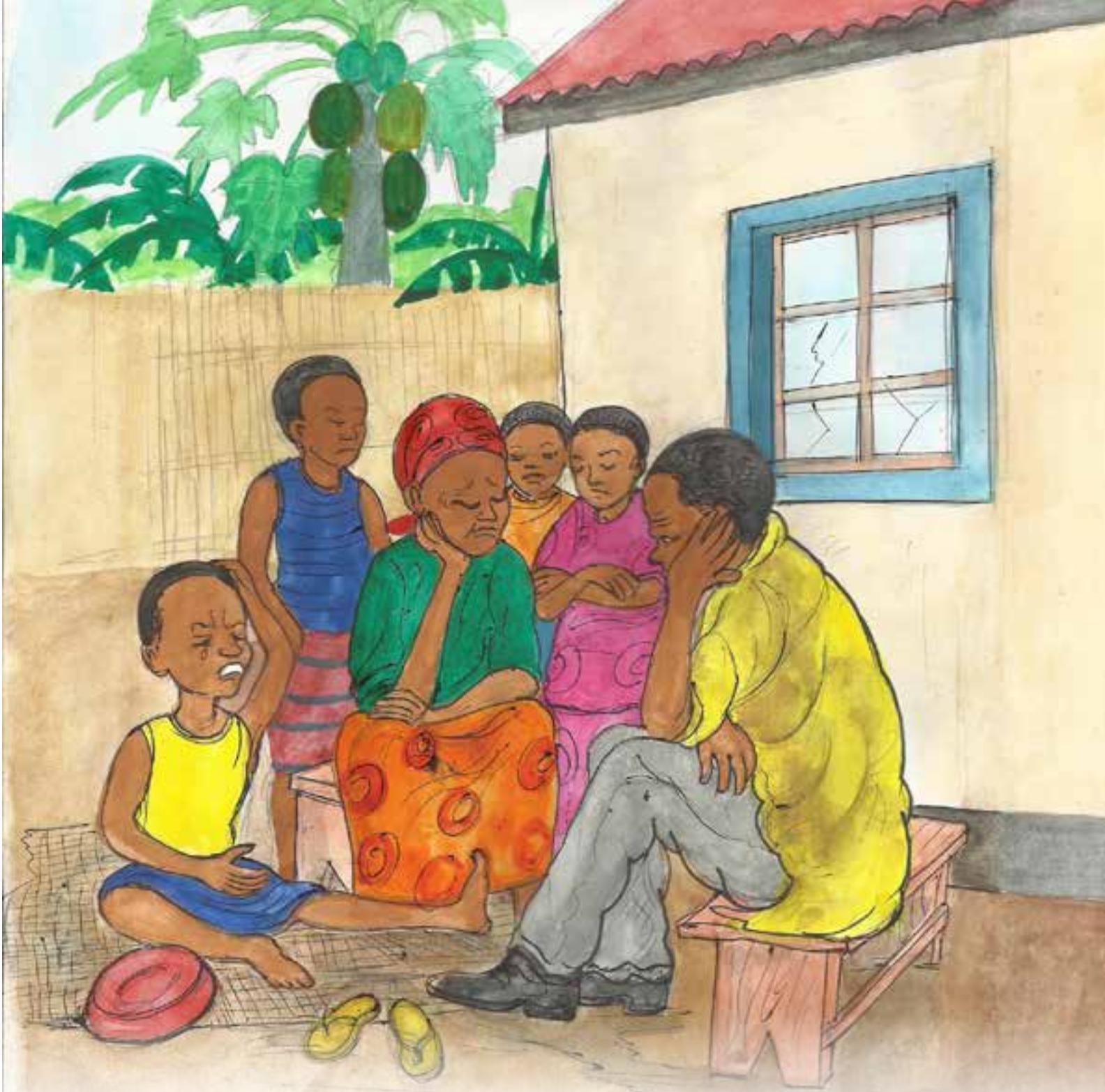


Kwa Mbayire, iyo bejeje, baragurisha,
bakifata neza, batitaye ku minsi iri imbere.
Mbayire n'umuryango we, barasesagura
bikomeye.



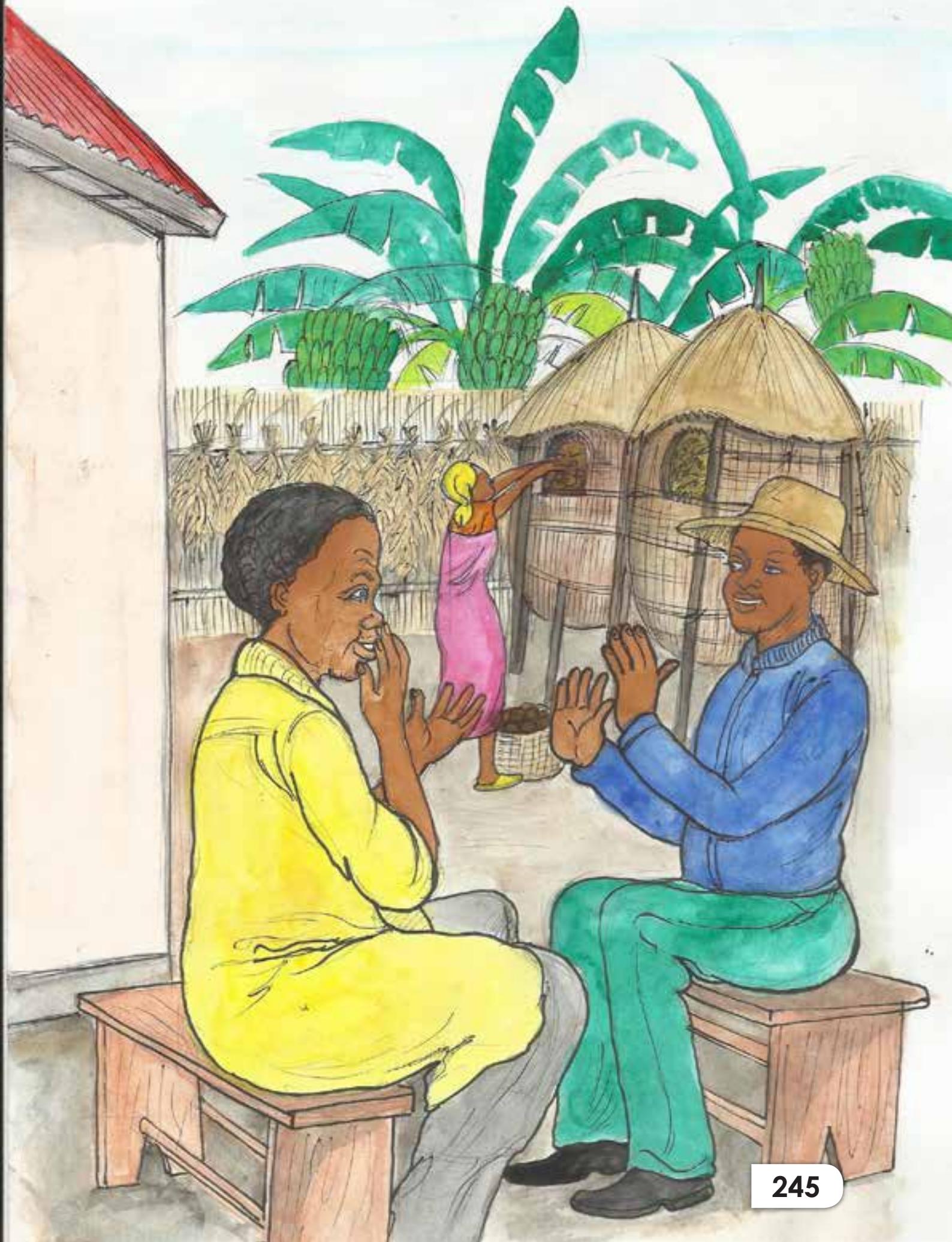
Kwa Gakawayaya ho, ibigega bihoramo
imbuto zinyuranye: ibishyimbo, amasaka.
Imigende y'ibijumba ihoraho, imboga mu
turima tw'igikoni, imigende y'imyumbati, reka
sinakubwira. Gakwaya ni umukungu. Abitsa
mu bigo by'imari iciriritse, akaguza, akiteza
imbere.



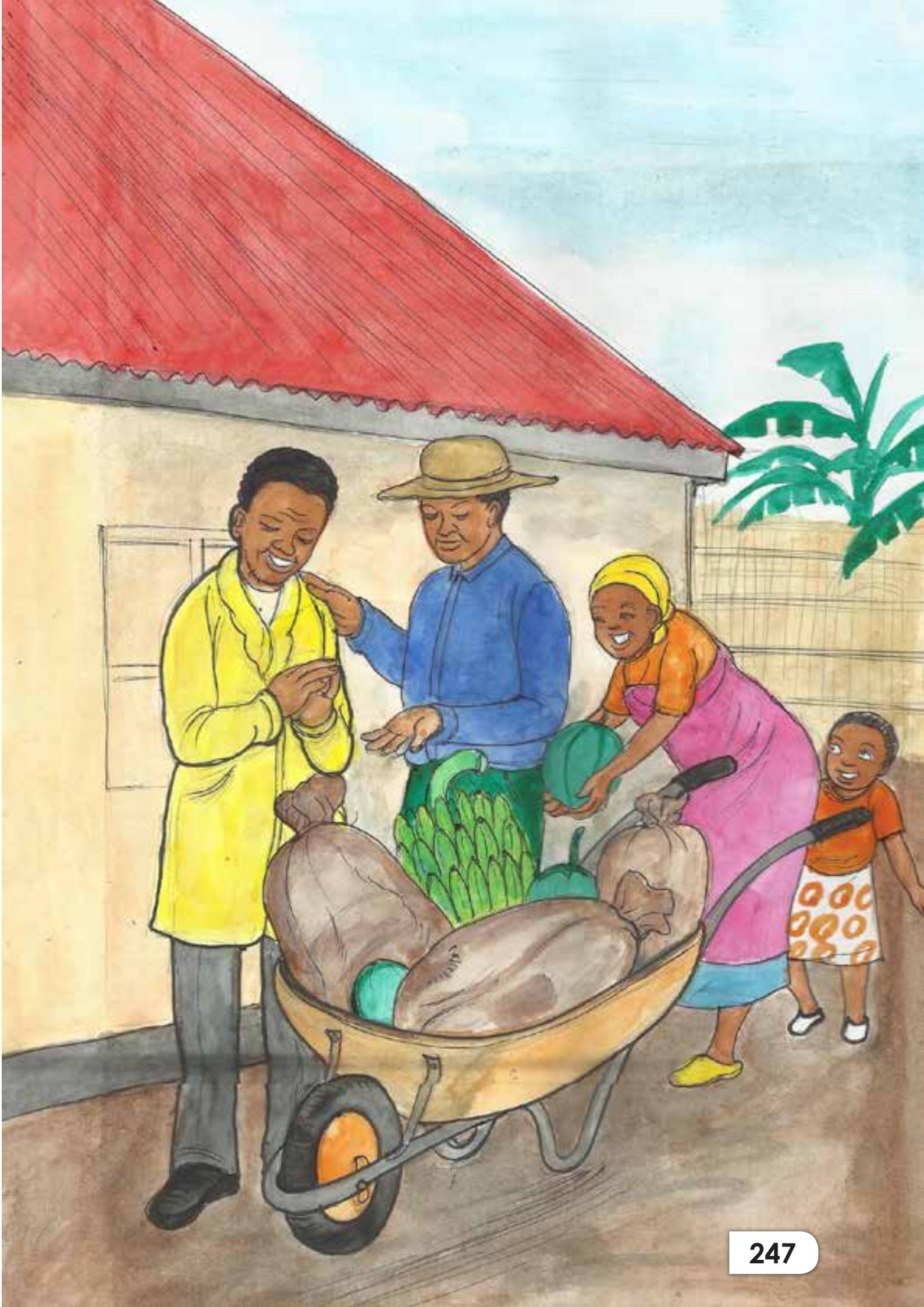


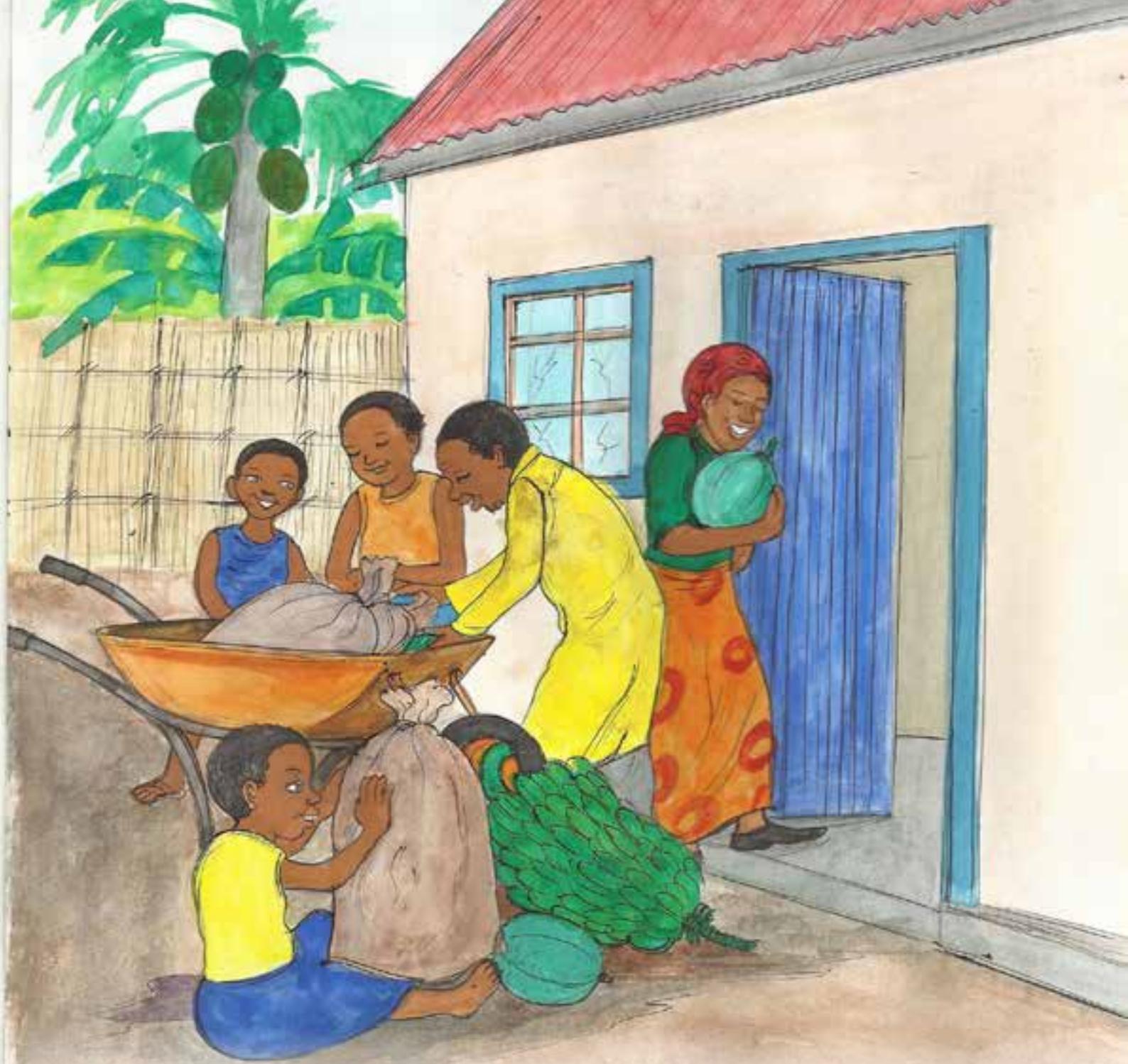
Igihe kimwe umuryango wa Mbayire wagurishije umusaruro uramariza. Icyo gihe bahuye no gusonza bikabije. Birirwaga bicira isazi mu maso, abana batunzwe n'amarira gusa, kubera inzara. Mbayire yararaga atagohetse, yibaza icyo gukora.

Hashize iminsi, Mbayire yigira inama yo kujya gusura Gakwaya. Agezeyo, ati: Bwakeye bwakeye?" Bati: "Bwakeye komeza uze. Ko utuzindukiye ni amahoro?" Ati: "Ntabwo, ntabwo! Inzara iravuza ubuhuha iwacu." Gakwaya ati: "Mbega ishyano? Ese wowe ko naherutse weza neza, byakugendekeye bite? Wibagiwe guhunika ngo uteganyirize ejo hazaza? Ese, nta n'udufaranga wabikije muri banki?"



Mbayire ati: "Muvandimwe kandi nshuti, aho ndatsinzwe. Irengagize ubudabagizi nagize, untabare ndebe ko narengera abana." Nuko Gakwaya amuha ku musaruro yari yarahunitse. Mbayire aramushimira arataha.



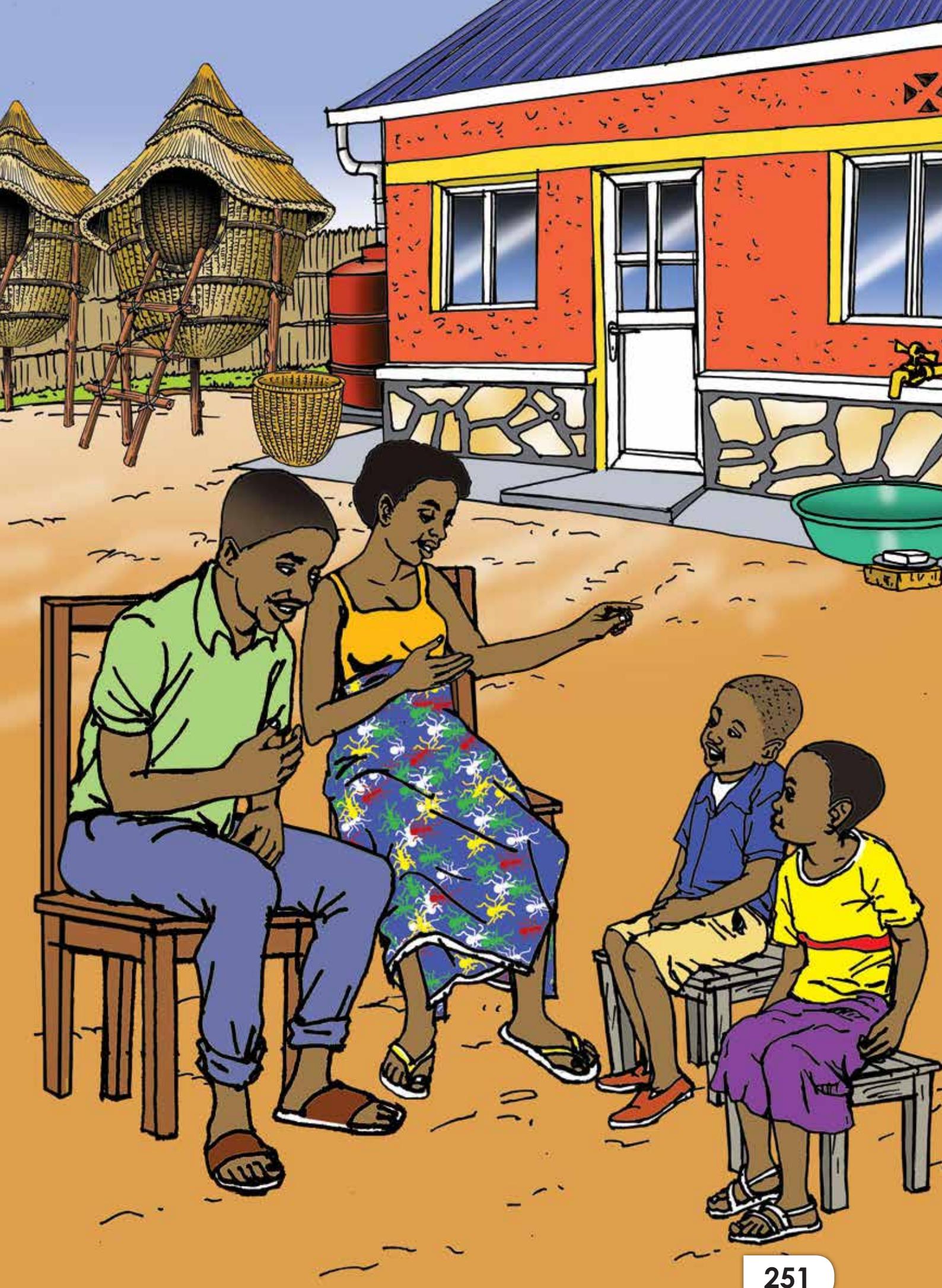


Ageze iwe, bose baraseka, nuko umugore yinaga mu gikoni, arakwakwanya abana bararya. Burya koko, ubwenge burarahurwa. Amasomo yo guhunika no kugana ibigo by'imari iciriritse yaramunyuze. Kuva ubwo Mbayire afata icyemezo kidakuka maze si ukuba umukungu karahava.

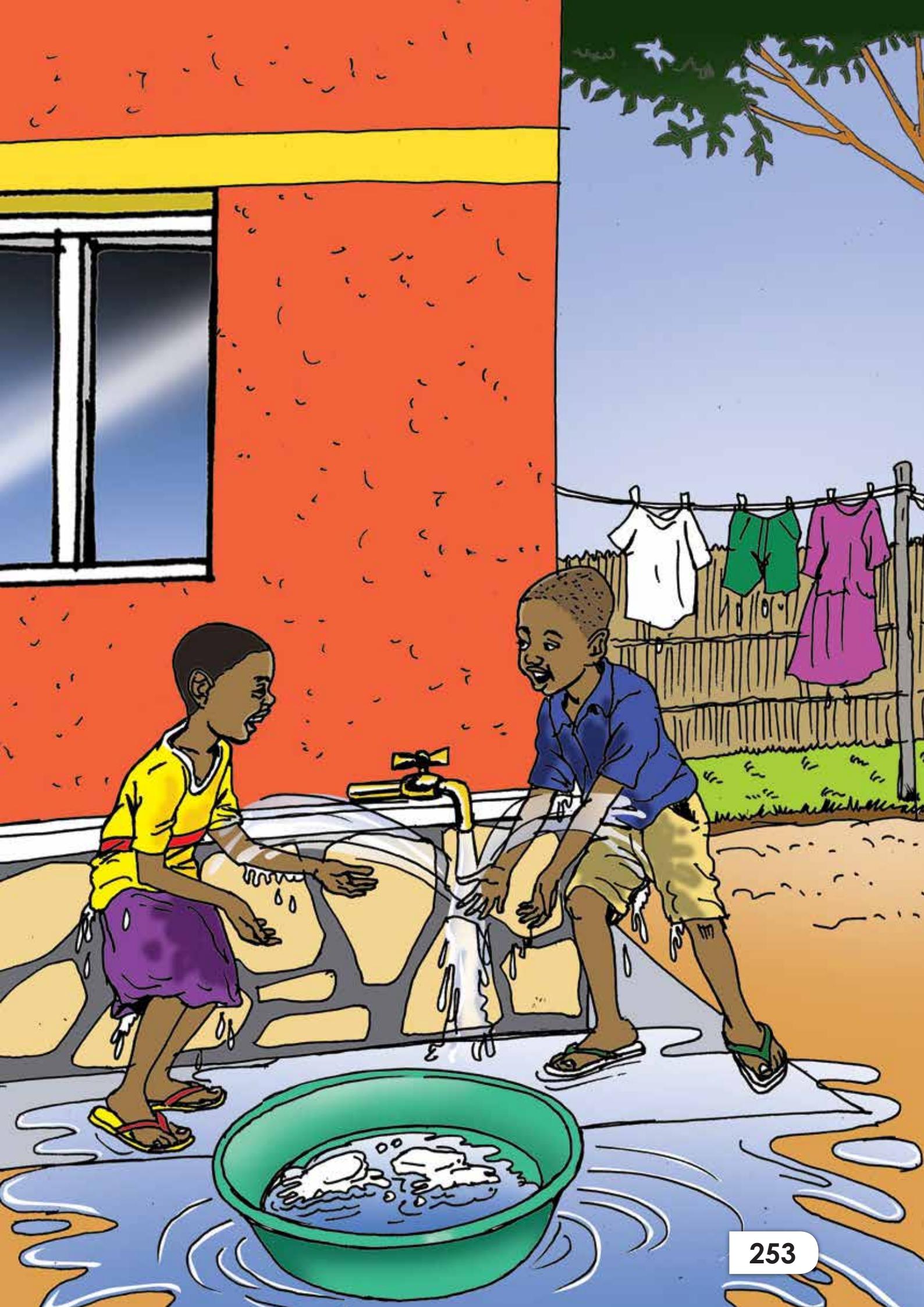
Tureke gusesagura, tuzigamire ejo hazaza



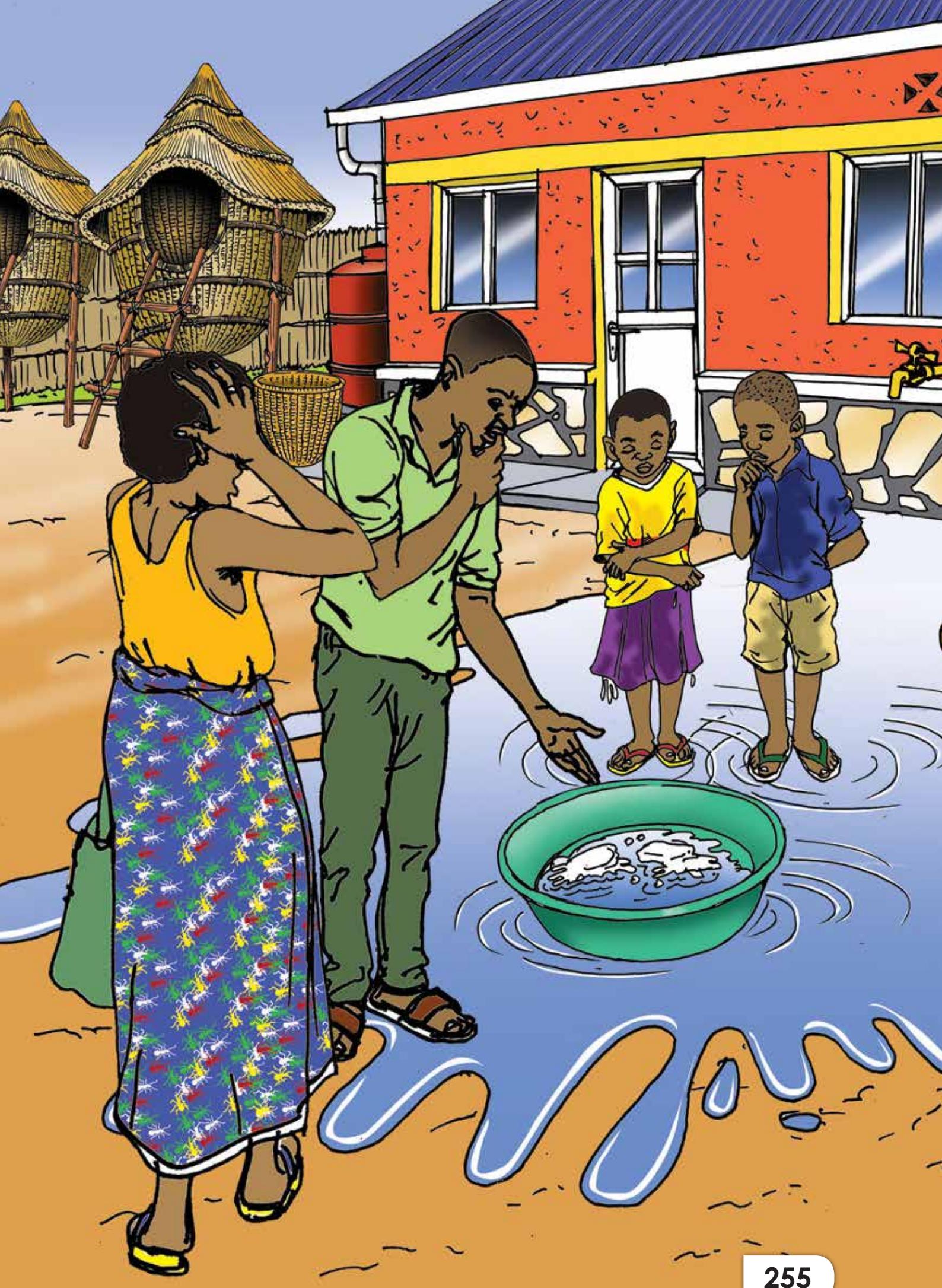
Habayeho abana babiri bitwaga Kwizera na Mbabazi, bombi bigaga mu mwaka wa mbere. Babanaga n'ababyeyi babo mu mudugudu wa Mbarara. Abo bana ntibari bazi gufata neza ibikoresho byo mu rugo n'ibyo ku ishuri. Ababyeyi babo bahoraga bababwiriza, babigisha kudasesagura ibyo bari batunze. Bakundaga kubaganiriza ku kamaro ko guhunika imyaka mu rugo iwabo.



Umunsi umwe, ababyeyi babo babasize ku rugo. Nuko Kwizera na Mbabazi bafata imyambaro yabo y'ishuri, bafata indobo n'isabune batangira kuyimesa. Barangije, isabune ebyiri bamesheshaga bazirekeye mu mazi maze zishongeramo zombi. Nuko barangije, bafungura robine y'amazi, amazi yose aratemba yuzura imbuga yose. Nuko bakajya bakina bayaterana umubiri wose kugeza batose.



Se na nyina bahatungutse barareba
barumirwa. Babwira Kwizera na Mbabazi bati
"ntabwo muzi ko tugomba gukoresha neza
amazi dukeneye? Ntimuzi ko gusesagura
amazi bishobora gutuma ejo cyangwa
ejobundi tubura ayo gukoresha? Si inshuro
ya mbere ibyo byari bibaye. Kwizera na
Mbabazi bakundaga kuvoma amazi menshi
badakeneye gukoresha bakayamenagura.
Nuko ababyeyi babo barushaho kwibaza
amaherezo y'abo bana maze bongera
kubagira inama yo kudasesagura ibyo
batunze.



Bukeye, Kwizera na Mbabazi bavuye ku
ishuri basa nabi cyane. Batungutse mu
rugo nta kayi, nta karamu, nta gakapu ko
gutwaramo ibikoresho by'ishuri. Uwo munsi,
imvura yari yaguye ari nyinshi. Bari bivuruguse
mu byondo, imyambaro yahindanye. Nuko
ababyeyi babo bababonye barumirwa.
Nuko Kwizera asobanurira ababyeyi
babo uko byagenze ati: "Twakinnye maze
amakaramu n'amakaye byacu bitakara mu
byondo.

Si inshuro ya mbere ibyo byari bibaye.
Kwizera na Mbabazi nta gikoresho cy'ishuri
bamaranaga kabiri. Buri gihe bahoraga
baka ikaramu nshya, amakaye mashya,
udukapu dushya kuko ibindi babaga
babitaye. Nuko ababyeyi babo barushaho
kwibaza amaherezo y'abo bana maze
bongera kubagira inama yo kudasesagura
ibyo batunze.



Undi munsi, ababyeyi babo basanze Kwizera na Mbabazi bafashe ibiryo bararya maze ibindi babinyanyagiza imbuga yose. Ababyeyi babo baje, barareba barumirwa. Bajya kureba ibyo kurya mu masafuriya ngo bafungure basanga nta cyo kurya kikiharangwa, ibiryo byose bari babipfushije ubusa. Si inshuro ya mbere ibyo byari bibaye. Kwizera na Mbabazi bakundaga gupfusha ubusa ibyo kurya. Bakundaga gusigaza ibiribwa n'ibinyobwa maze bakabinyanyagiza hasi cyangwa bakabimena. Nuko ababyeyi babo barushaho kwibaza amaherezo y'abo bana maze bongera kubagira inama yo kudasesagura ibyo batunze.



Igihe kimwe, Kwizera na Mbabazi bavuye ku ishuri, basanga se na nyina barimo bahunika imyaka bejeje mu kigega. Nuko barahagarara, bitegerezza se na nyina. Ubusanzwe ntibajyaga babyitegerezza. Nuko bagenda babasanga bitegerezza ibyo bakora. Nuko batangira kuganira ku byo bari babonye. Kwizera ati :"uzi ko data na mama bahunika iriya myaka kugirango tutazagira ikibazo cy'inzara?" Nuko Mbabazi na we aramusubiza ati : Ni byo. Natwe dukwiye kureka umuco mubi wo gusesagura no kwangiza amazi, ibiryo n'ibikoresho byo ku ishuri no mu rugo." Mu minsi yakurikiyeho yose, Mbabazi na Kwizera bareka kujya basesagura ibyo kurya no kunywa, bareka kandi kujya bangiza ibikoresho byo mu rugo n'ibyo ku ishuri.



Inyunguramagambo

Aa

akabande: ubutaka buri hagati y'imisozi kandi burimo amazi agereranyije.

akanya nk'ako guhumbya: akanya gato cyane

amabengeza: kiza cyane

amabuye y'agaciro: ubwoko bw'amabuye agurishwa agakorwamo ibikoresho bitandukanye nk'impeta, terefoni n'ibindi, ..

amaga: umwanda uza ku birenge igihe umuntu amaze igihe atoga.

amahaho: ibyo umuntu yahashye.

amahenehene: amata y'ihene.

amaherezo: aho birangirira.

amashyushyu: amatsiko

amatsiko: kwibaza ku kintu utarabona wifuza kureba uko gisa, kimeze,...

amatungo: inyamaswa zororerwa mu rugo.

Bb

bucura: umwana wavutse nyuma mu muryango.

Ff

foromage: amavuta y'inka cyangwa y'ihene abumbiye hamwe. Akunda kuribwa ku mugati.

Gg

guca ibiti n'amabuye: kwiruka cyane.

gufata inzira: gutangira kugenda.

guhangana: gushyamirana.

guhebeba: kuvuga kw'ihene.

guhembuka: kumererwa neza nyuma yo kurya cyangwa kunywa.

guhera: kugenda ubutagaruka.

guhumbika: kugemeka imbuto z'ibihingwa ahantu hamwe bateganya kuzazimurira ahandi nyuma yo kumera.

guhumbya: gufunga ijisho umwanya muto cyane.

guhunika: kubika umusaruro mu bigega cyangwa ahandi habugenewe.

gukwakwanya: gukora vuba vuba.

gusa na bike: gusa neza cyane.

gusamba: kwigaragura igihe umuntu (ikintu) yenda gupfa.

gusarura: gukura imyaka yeze mu murima.

gusesagura: kwaya, gupfusha ubusa.

gushavura: kubabara cyane, kugira agahinda kenshi.

gushoberwa: kubura icyo ukora n'icyo ureka.

gusigasira: kubungabunga, gufata neza.

gusoroma: gusarura imbuto ku bihingwa. Urugero: Gusoroma imiteja y'ibishyimbo, ...

gususuruka: kumererwa neza.

gutabariza: guhamagara abantu ngo bafashe umuntu uri mu kaga.

gutamatama: kuvuga kw'intama.

gutamba: kubyina.

gutohagira: gushisha kw'ibimera.

gutuza: guceceka, gucisha make, kudatera amahane.

li

ibihoho: ibikoresho bikoze mu birere cyangwa mu masashi bahumbikamo imbuto.

ibinyamafufu: ibihingwa bigira amafufu nk'ibirayi, ibijumba, imyumbati, amateke n'ibindi.

ibinyampeke: ibihingwa byera impeke nk'amasaka, ibigori, uburo n'ingano.

ibirinda indwara: ibiribwa cyangwa ibinyobwa bifasha umubiri wacu mu kwirinda indwara nk'imbuto n'imboga.

ibitera imbaraga: ibiribwa cyangwa ibinyobwa byongererera umubiri wacu imbaraga bikawufasha no kugira ingufu zihagije.

ibybaka umubiri: ibiribwa cyangwa ibinyobwa bifasha umubiri wacu kwiyubaka nk'inyama, amagi n'ibishyimbo.

ibuya: amatembabuzi asohoka mu mubiri igihe umuntu ashushye cyangwa se akoze imirimo y'ingufu.

icyansi: inkongoro.

icyuzi: ikidendezi cy'amazi adatembra gishobora kororerwamo amafi.

ifumbire: umwanda wamatungo uvanze n'icyarire bifashisha mu gufumbira imirima.

ifunguro: ibiryo.

igisebo: ikimwaro

igishanga: ubutaka buri hagati y'imisozi burimo n'amazi menshi.

ikibaya: ubutaka buri hagati y'imizosi itari miremire.

ikigega: aho abanyarwanda ba kera bahunikaga imyaka.

ikimwaro: isoni zitewe n'ibyo umuntu yakoze bidakwiye.

ikiniga: ijwi ririmo agahinda n'amarira.

ikinyabupfura: uruhurirane rw'imigenzo myiza.

ikirwa: ubutaka buri rwagati mu mazi abantu bashobora no guturaho.

ikiyaga: Ikidendezi cy'amazi menshi adatembra.

imborera: ifumbire y'umwimerere.

imikori: amabara aza ku maguru cyangwa ku maboko igihe hagiye amazi mabi ntahanagurwe ahubwo akumiraho kandi hari hasanzweho n'umwanda.

imishwi: utwana tw'inkoko, dendo cyangwa ibishuhe.

impwerume: imbwa y'ingabo.

imvuvu: umwanda /umwera uza mu mutwe ugatera kwishimagura.

imyate: gusaduka kw'ibirenge bitewe n'umwanda cyangwa se indwara.

imyitwarire: imyifatire y'umuntu mu buzima bwa buri munsi.

imiyiyereko: amarushanwa arimo kwigaragaza buri wese n'icyo yiyyizaho arusha abandi.

indyo yuzuye: indyo igizwe n'ibybaka umubiri, ibitera imbaraga n'ibirinda indwara.

ingonera: amacandwe yumira ku minwa umuntu asinziriye agakanguka yishushanyijeho.

intungamubiri: ibitunga umubiri biboneka mu biribwa no mu binyobwa.

isekuru: igikoresho gikozwe mu gitu gikoreshwa mu guhindura ibiribwa bimwe na bimwe mo ifu.

ivumbi: umukungugu.

Kk

karahava: biraramba, hashira akanya.

kondora: kwita ku muntu no kumugaburira igihe yari ari hafi kwicwa n'inzara.

kubagara: gucisha isuka no kufira ibyatsi mu myaka imaze igihe gito ihinzwwe.

kubandagara: kudandabirana.

kubangira amaguru ingata: kwiruka cyane.

kuboroga: kurira cyane kandi unitotomba.

kubunza imitima: guhangayika bikabije wibaza icyo wakora ngo ingorane urimo zishire.

kuganza: kuba byinshi kurusha ibindi, gusakara.

kugenda nka Nyomberi: kugenda ubutagaruka, guhera.

kugoboka: gufasha umuntu uri mu ngorane.

kugoheka: gusinzira.

kubwagura: kubyara kw'imbwa cyangwa ingurube.

kujwigira: gutaka k'utunyamaswa tumwe na tumwe nk'inyoni, imbeba n'utundi.

kumaririza: kumara burundu.

kumoka: kuvuga kw'imbwa.

kunezerwa: kwishima cyane.

kurabukwa: kubona by'akanya gato.

kuvuduka: kwiruka n'umuvuduko mwinshi.

kuyoberwa: kudasobanukirwa.

kuzingama: kudindira mu mikurire bitewe n'uburwayi cyangwa imirire mibi.

kwabira: kuvuga kw'inka.

kwera de: gusa neza bihebuje.

kwicira isazi mu maso: kubura icyo ukora, ukabaho wihebye utegereje uwagufasha mu bibazo ufite.

kwidagadura: gukina mu bwisanzure nta wukubangamiye.

kwigunga: kuva mu bandi ukihugiraho wenyine kubera ibibazo byakubanye byinshi.

kwiheba: gucika intege ugasigara nta kizere ufite bitewe n'ibibazo wahuye na byo.

kwikubura: kwigendera kuko uwo wari utegereje umubuze cyangwa se kuko icyo wari wizeye ukibuze.

kwinaga: kwihutira kujya ahantu wishimiye icyo uhasanze cyangwa se icyo ugiye kuhakora.

kwitangira itama: kwifata ku itama ubitewe n'agahinda.

kwivuruguta: kwigaragura.

kwiyamira: kuvuga usakuza kubera gutangara.

Mm

mukuru wange: umwana tuvukana duhuje igitsina kandi unduta.

murumuna wange: umwana tuvukana, duhuje igitsina kandi nduta.

musaza wange: umuhungu tuva inda imwe igihe ndi umukobwa.

mushikaki: inyama bakasemo uduce duto bakazotsa bazitunze ku mushito.

mushiki wange: umukobwa tuva inda imwe igihe ndi umuhungu.

mvaruganda: byakorewe mu ruganda.

Ss

sarade: imboga zitunganyijwe zikaribwa ari mbisi.

siro: umuti usukura amazi.

Uu

ubudabagizi: umuteto uvanzemo no kutagira icyo witaho.

uburanga: ubwiza bwo ku muranga.

ubutuna: imyanda iza mu maso igihe umuntu ayarwaye cyangwa se akangutse.

ubuziranenge: kizewe, kidafite inenge.

ubwenge burarahurwa: ubwenge burigwa, buravumburwa.

ubwoba buramutaha: agira ubwoba bukabije.

umugina: ubuturo bw'imiswa.

umuahaha: indwara yo mu matwi.

umukamo: ingano y'amata inka ikamwa.

umumaro: akamaro.

umuseso: mu gitondo cya kare.

umususu: impungenge

umutavu: inka ikivuka.

umwera: kumagara k'uruju kubera umwanda cyangwa kulisiga bigatuma rusa n'uruvuvuka.

urugwiro: ibyishimo.

urwibutso: impano cyangwa ikindi kintu kikwibutsa ibyakubayeho cyangwa se ibyo wigeze kubona.

uyihima arayirariza: Ni ngombwa guteganyiriza ejo hazaza.

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